



CRYOSPA SPORT AND TEAM SPORT FOR HUMANS

Hudson Aquatic Systems is now offering the CryoSpa Sport and Team CryoSpa Sport cold salt water spas for therapy. This type of therapy has proven to be an integral part of the recovery strategy for many professional sport clubs, as well as accelerating athlete recovery, minimizing fatigue, and lowering the risk of injury.

The temperature of each CryoSpa can be controlled down to 1°C (33.8°F), which enables you to set the temperature to accommodate the requirements of each athlete's needs.

Benefits:

- Easy to maintain saving on labor and cost
- Hydrostatic pressure and 20 jets for a penetrating cold
- 100sqft filtration keeps the water clear
- Short treatment times due to intense cold
- High quality low temperature digitally controlled chiller
- High salt concentration aids infection control

How It Works:

CET Cryotherapy relies on four basic factors to achieve a therapeutic effect, namely Turbulence, Temperature, Pressure, and Salinity.

1. Turbulence

Aeration of the water has a two-fold effect. When the body loses heat through convection, as well as conduction, the temperature drop will be much greater and achieved much faster. Wind chill is a good example.

Secondly, the massage effect influences dispersal of fluids and can also stimulate the muscle which is particularly beneficial for certain conditions, such as quadriceps contusion.

2. Temperature

The application of cold decreases pain and muscle spasm and also reduces tissue metabolism, blood flow (initially), inflammation, edema, and connective tissue extensibility.

Low temperature hydrotherapy is a relatively new concept in therapeutic modalities and can provide significant pain relief with a low side-effect profile.

3. Pressure

The greater the depth of water is, the greater the physical pressure exertion will be on tissues which aid the dispersal of accumulated fluids.

4. Salinity

The salinity of water has a more beneficial impact on the healing process. Higher concentrations of salt have a greater drawing effect, thereby influencing the dispersal of fluids accumulated around the injury.

Additionally, salt water therapy cleanses cuts and wounds by aiding in the control of infection.

Four Treatment Modalities:

- Sit on top for ankle therapy
- Stand on step for submersion to mid-thigh
- Stand in deep end for submersion to waist depth
- Sit on step for full body submersion