



Interactive Cryotherapy Research Booklet

A concise, sales-ready education piece for clinics, gyms, physical therapy teams, chiropractors, and recovery centers evaluating targeted high-pressure cryotherapy.



For professional education and prospect discussion only. Not a substitute for medical advice, diagnosis, or treatment.

Executive Summary

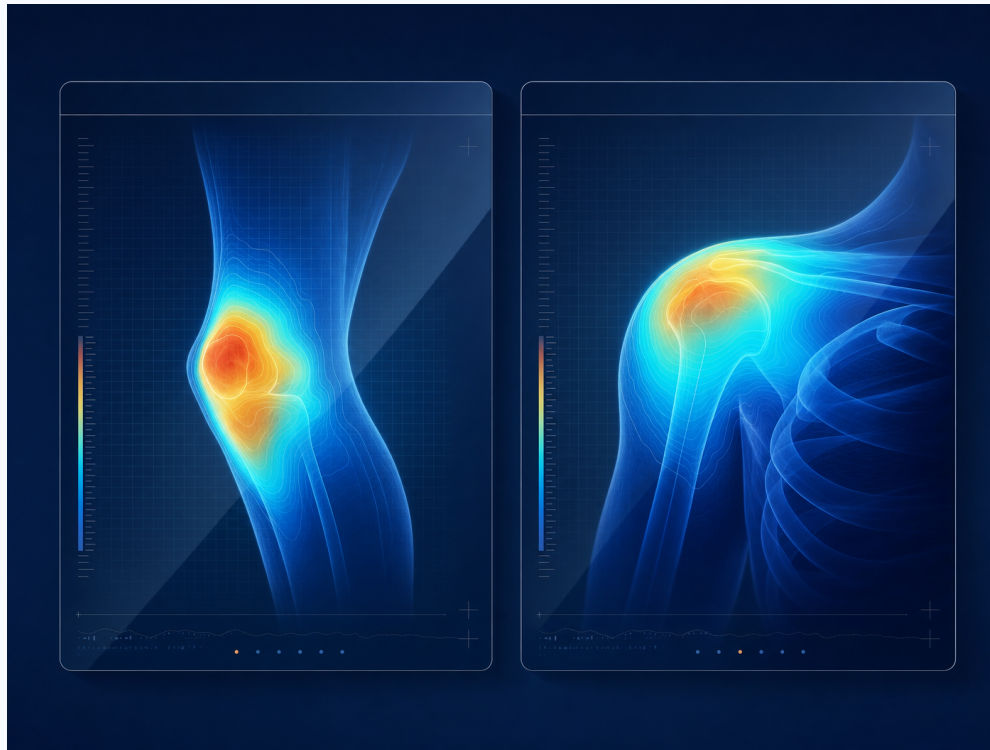
The practical opportunity	Inflammation, pain, swelling, and mobility are the central commercial and clinical conversation. Chronic pain affects a large share of U.S. adults, making pain management a recurring, relevant need.
Credible physiological rationale	Cold exposure is described in cryotherapy literature as having analgesic, anti-inflammatory, anti-edema, neuromuscular, and circulation-related effects, especially when paired with rehabilitation or movement-based therapy.
Workflow advantage	Targeted high-pressure cryotherapy supports fast localized treatment windows, visible temperature monitoring, and demos that fit real clinical and recovery-center schedules.
Adjunctive positioning	The strongest evidence-based positioning is complementary: cryotherapy supports exercise, manual therapy, recovery programming, red light therapy, shockwave therapy, and laser therapy rather than replacing care.

Key proof points to carry into a clinic or recovery-center conversation:

20.4%	U.S. adults with chronic pain in 2016 CDC/MMWR estimate.	3–5 min	Typical localized treatment window described in the high-pressure protocol.	35°F	Optimized skin-surface temperature target near 1.66°C in source protocol.
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How Cryotherapy Works: Four Mechanisms to Explain

1. Pain modulation / analgesia	Cold exposure can reduce sensory nerve conduction and dull pain signaling. This supports use as a fast pre-rehab or post-activity comfort tool.
2. Anti-inflammatory response	Inflammatory mediators can irritate nerves and contribute to pain. Cooling is frequently discussed as an anti-inflammatory physical modality.
3. Anti-edema / swelling control	Cryotherapy literature describes cold exposure as having anti-edema effects and supporting drainage of swollen areas.
4. Mobility and function support	Reducing pain and swelling may help patients or athletes participate more comfortably in movement-based care.



Why Targeted High-Pressure Cryotherapy Is Different



Targeted instead of general	Localized delivery to the painful or inflamed region supports a more focused conversation than broad cold packs or spa-style experiences.
Fast enough for real-world workflow	Typical treatments around 3–5 minutes can fit between appointments, training blocks, recovery services, or demos.
Visible and measurable	Thermography helps identify hotter areas, validate patient pain points, show pre/post change, and educate prospects.
Premium experience	A fast “feel the difference” moment supports demo days, referrals, social proof, and cash-pay add-on services.

Practical Protocol Guidance and Safety Framing

01	Use temperature monitoring and/or thermography before, during, and after treatment to identify target areas, monitor skin response, and create a more objective visual record.
02	Maintain an optimized skin-surface temperature near 35°F / 1.66°C when following the high-pressure protocol described in the source material.
03	Treatment length varies by body region. Smaller or thinner areas cool quickly; larger or denser areas may require longer controlled exposure. Most treatments are roughly 3–5 minutes.
04	Frequency should be based on provider judgment, severity, and area treated. The protocol describes daily or every-other-day use and notes a minimum six-hour gap if treating twice in one day.
05	Screen carefully. Contraindication categories include primary peripheral neuropathy, nerve damage, vascular/circulatory complications in extremities, active infections, fibromyalgia, and patients unwilling to accept potential pigmentary changes.

Professional framing matters: present cryotherapy as a targeted adjunctive recovery and pain-support technology, not a cure or guaranteed performance outcome.

Best-Fit Prospect Conversations

Chiropractors	Pain, mobility, muscle guarding, adjunct before manual therapy.
Physical therapy clinics	Movement tolerance, swelling conversations, post-activity soreness.
Gyms and recovery centers	Member recovery service, demo-day conversion, premium add-on.
Sports teams	Athlete recovery workflows and fast localized treatment windows.



Why Deep Blue Cryo

Deep Blue Cryo gives clinics, gyms, and teams a fast, localized cryotherapy tool for inflammation, pain, swelling, and recovery conversations. The science behind cold therapy is well established: cooling can reduce pain signaling, influence inflammation, manage swelling, and help people move more comfortably. What makes this approach different is targeted high-pressure delivery, a short treatment window, and the ability to use thermography to show what is happening before and after treatment.

It fits naturally as an adjunct to chiropractic care, physical therapy, training-room recovery, or premium gym recovery services.

References and Source Notes

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