



**Allegheny**  
Health Network  
*Sports Performance*

3001 Cool Springs Dr. Pittsburgh PA 15234 (412-437-3001)

[www.ahn.org/sportsperformance](http://www.ahn.org/sportsperformance)

## CRYOTHERAPY SAUNA



**CRYOTHERAPY** provides a natural, safe, non-invasive and effective therapeutic treatment to aid in inflammation and pain reduction, athletic performance, recovery, as well as aesthetic and wellness benefits. During this three minute session, the body is exposed to ultra-low temperatures (-160 - 205 F), which lowers skin temperature and stimulates the release of pain reducing endorphins. The body's core temperature remains unchanged as the blood rushes to the core to protect vital organs. The result of this brief exposure to extreme cold is rapid vasoconstriction of the blood vessels followed by rapid vasodilation. The blood that returns to the body is highly oxygenated, which helps the body repair and strengthen itself as well as increase competitive stamina.

### **BENEFITS OF CRYOTHERAPY**

- Decreases muscle soreness
- Accelerates muscle recovery
- Decreases pain and inflammation
- Decreases injury rehabilitation time
- Boosts the body's immune system
- Increased metabolism and caloric burn
- Improves blood circulation throughout the body

**CALL 412-437-3001 TO BOOK YOUR CRYOTHERAPY SESSION TODAY!**

