

One session of partial-body cryotherapy (-110 °C) improves muscle damage recovery

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Scand J Med & Sci Sports.
December 2014. Ahead of Print

Purpose

- To evaluate the effects of a single session of partial-body cryotherapy (PBC) on muscle recovery after a muscle-damaging protocol

Fatiguing protocol

5 sets of 20 drop jumps with 2-min rest between sets

PBC protocol

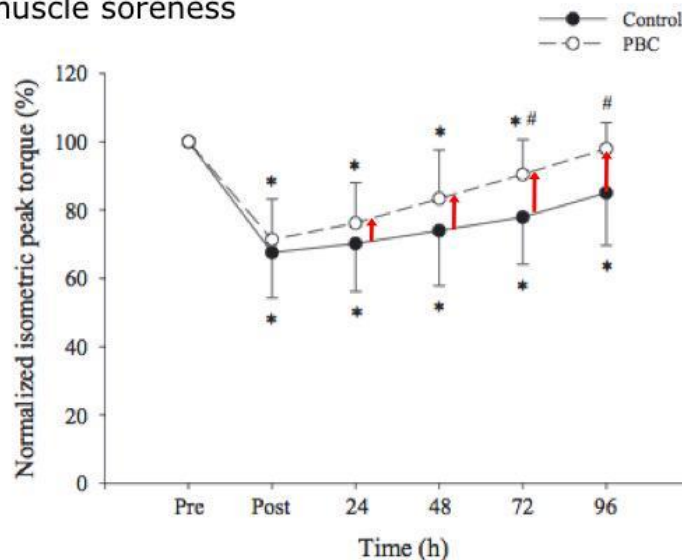
3 min at -110°C in a head out cryochamber

Control protocol

3 min at 21°C in the head out cryochamber

Results

- PBC resulted in a quicker recovery of muscle strength and muscle soreness



Conclusions & Practical Applications

- A single session of PBC (3 min at -110°C) 10 min after a strenuous exercise enhances muscle recovery and decreases muscle soreness
- PBC may be applied after an intense training session to improve muscle recovery