

# 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

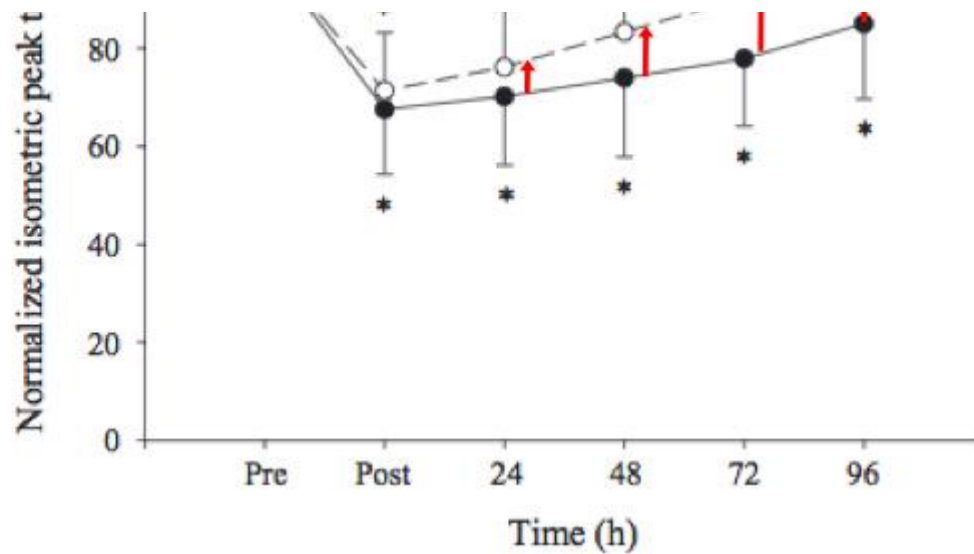
### Control protocol

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  $-110^{\circ}\text{C}$ ) 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