



CET Cryo Spas Case Study

Quadriceps Contusion (dead leg / charley horse)

In the summer of 2008, Derry County and Irish International Footballer, Sean Marty Lockhart sustained an extremely severe "dead leg" (Grade 3 quadriceps contusion).

The prognosis was poor, perhaps 5 or 6 weeks out of action during which period Derry had crucial games looming. Consequently, he discussed with the County Physio, Dr Chris Bleakley, about the possibility of traveling to Whites Hotel in Wicklow for treatment in their Cryo Chamber.

Dr. Bleakley suggested he should first try the CET Cryo Spa at the Rehabilitation Research Centre, the University of Ulster, Jordanstown.

The injury was so severe that walking up and down steps was a real challenge and Dr. Bleakley was unsure how much treatment would be required. Also, as the temperature of the water was 1 C, he decided to alternate immersion i.e. one minute in, then one minute out and so on. On the fourth minute in, the muscle fired and Sean was able to do Range of Movement exercises.

That week Sean had two further sessions and as a result was able to re-commence training the following week.



Sean Marty Lockhart (with ball)

