



CET CryoSpas

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## Four Basic Factors

CET Cryotherapy relies on four basic factors to achieve a therapeutic effect, namely **Turbulence, Temperature, Pressure and Salinity.**

### Turbulence

Aeration of the water has a two fold effect. When the body loses heat through convection as well as conduction the temperature drop will be much greater and be achieved much faster. Wind chill is a good example.

Secondly, the massage effect influences dispersal of fluids and can also stimulate the muscle which is particularly beneficial for certain conditions such as quadriceps contusion.

### Temperature

The application of cold decreases pain and muscle spasm and, also, reduces tissue metabolism, blood flow (initially), inflammation, edema, and connective tissue extensibility.

Low temperature (1 C to 14 C) hydrotherapy is a relatively new concept in therapeutic modalities and can provide significant pain relief with a low side-effect profile.

### Pressure

The greater the depth of the water the greater is the physical pressure exerted on the tissues which, again, aids in the dispersal of accumulated fluids.

### Salinity

The salinity of water has an impact on the healing process. Higher concentrations of salt have a greater drawing effect thereby influencing the dispersal of fluids accumulated around the injury.

Additionally, salt has a positive effect in helping to cleanse cuts and wounds by aiding in the control of infection.

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