



CET CryoSpas

RESEARCH | DESIGN | PERFORMANCE

CET CryoSpa

CASE STUDY - Mixed Martial Arts [MMA]

Multiple trauma to both legs and direct trauma to left knee

Colin Murphy - MMA

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Patient presented approx 12 hours post fight. Multiple trauma to both legs with limited ROM in hip, knee & ankle joints. Direct trauma to left knee with major effusion over and around joint.

Treatment

Twice daily CryoSpa.

Compression bandaging and elevation.

Before



After 72 Hours



Outcome

Marked improvement after each session.

Able to introduce ROM exercises after day one.

Resolution of inflammatory process and ROM almost normal in 3 to 4 days.



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