

protocols for COLD FOR RECOVERY

VIVE
STRETCH - TISSUE - TECH

Ice baths, and contrast baths/shower can be useful tools for recovery.

		°F	°C	PRE	POST
CRYO CHAMBERS		1-3 MINUTES @ 35-40 3			
		Wholebody cryochambers provide a shock to the system affecting the nervous system to increase activation and reduce pain.			
COLD WATER IMMERSION		1-3 MINUTES @ 35-40 3			
		~5 MINUTES @ 40-45 5			
		~10 MINUTES @ 45-50 10			
CONTRAST		2 MINUTES @ COMFORTABLY HOT			
		1 MINUTES @ AS COLD AS POSSIBLE			
		2 MINUTES @ 95-104 35-40			
		1 MINUTES @ 40-50 10-15			
FACE		30 SECONDS @ AS COLD AS POSSIBLE			
		Use the mammalian dive reflex to lower stress/anxiety quickly and start recovery.			



CNS Activation



Focus



Muscle Soreness/Pain



Strength



Parasympathetic Boost

1. Moore E, Fuller JT, Bellenger CR, et al. Effects of Cold-Water Immersion Compared with Other Recovery Modalities on Athletic Performance Following Acute Strenuous

Exercise in Physically Active Participants: A Systematic Review, Meta-Analysis, and Meta-Regression. Sports Med. 2023

2. Machado AF, Ferreira PH, Micheletti JK, et al. Can Water Temperature and Immersion Time Influence the Effect of Cold Water Immersion on Muscle Soreness? A Systematic Review and Meta-Analysis. Sports Med. 2016

3. Thévenet, D., Lebel, E., Sánchez, S., Haddad, M., & Villeneuve, N. (2017). Effectiveness of cold water immersion for recovery after high-intensity exercise in trained athletes: a systematic review and meta-analysis.

