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#### 1. Muscle Stimulation & Re-education

- The rapid cooling and rewarming effect can stimulate **reflexive muscle contractions** in areas where some nerve signals still function.
- This may help in **neuromuscular re-education** especially in partial paralysis (e.g. after a stroke, spinal cord injury, or Bell's palsy).

### 2. Improved Circulation

- Cryo increases **local blood flow** after the cold exposure, which may enhance **oxygen and nutrient delivery** to tissues that are otherwise stagnant.
- This may reduce the risk of **muscle atrophy** and **pressure sores** in immobile areas.

### 3. Pain & Spasticity Relief

- Some clients with neurological conditions experience **reduced spasticity** (muscle tightness) and **less nerve-related pain** after cryo.
- This makes movement therapy or rehab easier post-session.

#### 4. Reduced Inflammation

• Cryo has strong anti-inflammatory effects which can benefit individuals who experience **swelling**, **irritation**, **or nerve inflammation** as part of their paralysis condition.

# **✓** Applications for Specific Conditions

**Condition** Potential Benefit

Stroke Recovery May aid in muscle reactivation, reduce stiffness, improve

(Hemiparesis) circulation

Bell's Palsy / Facial Paralysis Can assist with local circulation, muscle toning, nerve calming

Spinal Cord Injury (partial) May support spasticity relief, local blood flow, skin conditioning

MS / Neuromuscular

**Disorders**Temporary pain relief and mobility improvement

## Treatment Protocol Suggestions:

**Item** Recommendation

**Nozzle** Black or Blue (gentler flow for sensitive nerves)

**Head** Ball or Cone Head depending on area

**Frequency** 2–3 times per week, customised to the condition

Session Time 3–5 minutes per area

**Follow-up** Combine with physio or massage for best results



## **▲** Important Considerations:

- **Not a cure**, but a **complementary therapy** to help manage symptoms and improve quality of life.
- Must be **customised per individual**, especially if they have reduced sensation to avoid overcooling.
- Always consult with the person's GP or physio team before starting treatments for paralysis.