

Cryotherapy Contraindications

If any of these conditions apply to you, please obtain a doctor's release before trying cryotherapy.

1. Peripheral Arterial Occlusive Disease
2. Ischemic Heart Disease
3. Decompensating Diseases (Edema) of the Cardiovascular System
4. Unstable Angina Pectoris
5. Arrhythmia
6. Heart Attack, Stroke, or Mini-Stroke within the past 12 months
7. Valvular Heart Disease or Congestive Heart Failure
8. Heart surgery conditions – Pacemaker or Defibrillator
9. Untreated or poorly controlled Hypertension (High Blood Pressure)
10. Symptomatic Lung Disorder (examples: COPD, Asthma, Cold Activated Asthma, Emphysema, Chronic Bronchitis, etc.)
11. Acute Febrile Respiratory Problems (Flu-like respiratory conditions)
12. History of blood clots or Deep Vein Thrombosis (DVT)
13. Circulatory Dysfunction
14. Raynaud's Disease
15. Bacterial or Viral Infections of the Skin, Wound Healing Disorders, Open Wounds or Sores, or Ulcers.
16. Vasculitis
17. Varicose Veins
18. Severe Anemia
19. Heavy Consumerist Disease (abnormal bleeding)
20. Conditions of the Nervous System or Polyneuropathies
21. Diabetes
22. Chronic Liver Disease
23. Acute Kidney Disease
24. Current Urinary Tract Infection
25. Seizure Disorders
26. Hyperhidrosis (Heavy Perspirations)
27. Pregnancy or Potential Pregnancy
28. Severe Claustrophobia (where standing in the chamber will make you panic)
29. Cold Allergenic Phenomenon (known allergy to cold contractants)
30. Cold Hypersensitivity (Cold Urticaria, Cold Erythema, Cold Hemoglobinuria)

If you have any questions, please contact the Exercise Physiology Department at 559-624-3450.