



# Carrickdale

health & leisure complex

## Cryotherapy Pool

Carrickdale Cryotherapy pool is a form of rehabilitation therapy particularly appropriate for athletes and patients recovering from a range of conditions especially those involving problems with D.O.M.S

**(Delayed-Onset Muscle Soreness)**

Just like Michael Schumacher's car needs a complete overhaul with new parts and tyres after a Formula One race, the body needs to service itself and its parts for the next day, next race or next match.

The body does this with the help of the blood vessels that bring oxygen to the tissues and remove the waste products of exercise or injury, the most common being lactic acid.

In simple terms, it's about helping the muscles, tendons, bones, nerves and all the different tissues used in sport to recover .

To Book Ph:  
(00353) **42 9371922**

Email:

**carrickdalecomplex@eircom.net**

## WHY CHOOSE CRYOTHERAPY?

- **Recover like the professionals!**
- **Flush out Lactic Acid!**
- **Faster race pace!**
- **Recover Much Quicker from injury!**
- **Beat your personal best!**
- **Train smarter not Harder!**
- **Maximise your sporting potential!**
- **Muscles turn energy into motion!**
- **The pool is oxygenated, epsom salted 2°, much lower than the conventional ice bath.**

*Kieran McGeeney recovering in the Carrickdale Cryotherapy Pool*



### Sports People

- **Your body is pretty bruised & battered after a heavy game it's the best way to recover from the aches and pains.**