



# Striving to be the best is tough.

You train, you recover, you get stronger, you get faster.

The quicker you recover, the harder you can train, the harder you can train, the better you'll be – performance is all about recovery.

## Whole Body Cryotherapy

Whole Body Cryotherapy is a revolutionary way to improve sporting performance, recovery time and treatment of injuries. It moves cold temperature treatment forward from traditional ice baths that provide purely physical benefits, to a full regenerative physiological procedure. Whilst based on the same principles – the benefits of cold in aiding recovery – Whole Body Cryotherapy does not subject the user to the shock and discomfort of being submerged in ice cold water.

## Mobile Cryotherapy Chamber

BOC's Mobile Cryotherapy Chamber is the first of its kind in the UK, bringing this technique direct to your door. No need to go overseas, no need to put your team in a coach; we'll come to you and bring not only the latest in mobile sports therapy, but also the peace of mind that you get from working with the UK's number one expert in handling Cryogenic gases.

## Quick Treatment

Users of the mobile cryochamber – up to two at a time – move freely about in a dry atmosphere for three minutes – less than a third of the time that's required with a conventional ice bath treatment.

Strength and Conditioning Coaches from top flight Rugby Football League, Rugby Union and Premiership football teams are already booking the chamber for post match recovery sessions and building it into their training regimes.

*“Cryotherapy has increased our recovery rate which in turn has allowed us to return to training earlier. At this elite sport level, the extra training at higher intensity can make a significant difference to performance and we are looking forward to building it into our training routines for the rest of the season.”*

**Chris Baron** Head of Strength and Conditioning at Warrington Wolves and Strength and Conditioning Coach at England Rugby League

## Leading Design Features

- A 2-person chamber, large enough to allow users to walk around during the treatment, further improving the comfort of the experience
- A -60°C 'pre-chamber', which users spend one minute in before entering the main -135°C chamber for two minutes
- A specially designed BOC Cryotherapy trailer to allow the chamber to be taken anywhere in the country
- A robust air monitoring kit and a BOC onsite expert operator, fully trained in cryogenic gas handling who ensures user safety at all times
- Chamber has been assessed by BOC's world renowned experts to ensure it meets official UK Health and Safety Executive standards

## Maximise Your Performance – Book Today!

The unit is hired on a 'per day' basis and can visit any location in the UK. This quick, affordable treatment gives you the ability to treat multiple users or whole squads in just one day.

Experience the benefits of BOC's Mobile Cryotherapy Chamber.  
Email [cryotherapy@boc.com](mailto:cryotherapy@boc.com)  
Call 0161 930 6010

For more information visit  
[www.boconline.co.uk/cryotherapy](http://www.boconline.co.uk/cryotherapy)



BOC

The Priestley Centre, 10 Priestley Road, The Surrey Research Park, Guildford, Surrey GU2 7XY, United Kingdom  
Tel +44 1483 579 857, Fax +44 1483 505 211, [www.BOCOnline.co.uk](http://www.BOCOnline.co.uk)

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