

## **Cryotherapy Contraindications:**

If you have any of the listed contraindications we require a doctor's release to do a Cryo session.

Claustrophobia and Varicose Veins will only require a signed waiver not a doctor's release.

- 1. Peripheral Arterial Occlusive Disease**
- 2. Ischemic Heart Disease**
- 3. Decompensating Diseases (Edema) of the Cardio Vascular System**
- 4. Unstable Angina Pectoris**
- 5. Untreated Hypertensions**
- 6. Heart Attack**
- 7. Valvular Heart Disease**
- 8. Heart Surgery Conditions**
- 9. Pacemaker or Defibrillator**
- 10. Respiratory System, Congestive Heart Failure, COPD, or Chronic Liver Disease**
- 11. A Blood Clot(s)**
- 12. Circulatory Dysfunction**
- 13. Raynaud's Disease**
- 14. Bacterial or Viral Infections of the Skin**
- 15. Wound Healing Disorders (open sores or discharging wound/skin conditions)**
- 16. Vasculitis**
- 17. Varicose Veins**
- 18. Severe Anemia**
- 19. Heavy Consumerist Disease (abnormal bleeding)**
- 20. Conditions of the Nervous System/ Kidney and Liver Function**
- 21. Diabetes**
- 22. Acute Kidney Disease or a Current Urinary Tract Infection**
- 23. Seizure Disorders**
- 24. Hyperhidrosis- Heavy Perspirations**
- 25. Polyneuropathies**
- 26. Acute Febrile Respiratory Problems (Flu like respiratory conditions)**
- 27. Claustrophobic (where standing in the chamber will make you panic)**
- 28. Cold Allergenic Phenomenon (known allergy to cold contracants)**
- 29. Are You Nursing? If yes, you are required to wear a sports bra in the cryo machine (no metal wire bras)**