

ADVANCED CRYO ❄️

Developing clinical expertise in physiology, injury, inflammation and recovery through the complete science of cold and heat therapy.



THE STANDARD FOR THERMAL RECOVERY EDUCATION

RAISING THE STANDARD

A Critical Knowledge Gap

Operator training covers devices, not clients. Without clinical reasoning, therapy progression and a clear understanding of physiology and injury, **results are inconsistent and the level of care a practitioner can offer is fundamentally limited.**

Hype Over Science

Commercialisation has clouded the science. **Conflicting claims and online misinformation** leave practitioners and clients unclear on how cold and heat therapy actually works, and that **holds the entire industry back.**



Our Response

Drawing on certified clinical training, elite athlete management and deep expertise in medical Cryotherapy, we recognised that the industry needs more than better devices, it needs **better practitioners.**

HUNDREDS OF
CLINICS TRAINED.

TENS OF THOUSANDS OF
TREATMENTS DELIVERED.

ELITE ATHLETES
SUPPORTED.

ONE QUALIFICATION BUILT ON
EVIDENCE & REAL-WORLD RESULTS.



THE OUTCOME



R THERMAL RECOVERY SPECIALIST

A specialist field of practice where practitioners integrate thermal interventions and evidence-based principles to assess and manage injury, recovery and client needs - delivering elite, individualised care.

THE QUALIFICATION



The highest standard of thermal therapy education across health, fitness, rehabilitation, recovery and wellness.

The Thermal Recovery Specialist qualification is built around **two core pillars of professional practice:**

Therapeutic Expertise

Evidence-based knowledge across all cold and heat therapy modalities, covering indications, safety, modality comparisons, and how to design and prescribe structured treatment protocols tailored to individual client goals.

Physiology & Injury Management

Deep understanding of the anatomical and physiological processes behind injury, inflammation and recovery – assessing and progressing clients through each phase of healing with integrated thermal therapy.

Upon completion, practitioners are equipped to deliver an elite standard of care, manage clients effectively and apply thermal modalities confidently in any professional environment.

CERTIFIED DEVICE OPERATOR

Training to operate a device safely and effectively

- Single modality focused operational instruction.
- Safe treatment delivery.
- Foundational theoretical knowledge.
- Delivered by manufacturer-trained staff.

TR THERMAL RECOVERY SPECIALIST

Education to become a specialist practitioner

- Full spectrum of cold and heat therapies.
- Physiology, thermal science and injury management.
- Manage complex cases, individual goals and treatment plans.
- Assess, progress and manage symptoms across a client journey.
- Structure high-value sessions, prescribe and sell treatment packages.
- 300+ referenced research papers underpinning our curriculum.
- Built and delivered by educators who truly understand the field.

Manufacturer training is effective and fit for purpose – but generalised protocols can't replace true practitioner education. To truly understand thermal therapy, you must understand all of its forms and how each interacts with physiology, injury, inflammation and recovery. **Thermal Recovery Specialist training is a specialist education pathway** that develops exactly that: the expertise to assess individuals, apply the right therapy at the right time and manage complex cases with confidence.

EARN YOUR THERMAL RECOVERY SPECIALIST QUALIFICATION

Gain the knowledge, credentials and confidence to deliver elite recovery care and build a practice that reflects your expertise.

Master the science of injury, inflammation and thermal therapy – from physiological responses to the full spectrum of cold and heat application – through detailed, evidence-based education built for leading practitioners.

You won't just learn concepts. You'll learn to apply them, progress your clients and structure sessions. **This training is designed to ensure practitioners are not only knowledgeable, but also well-educated to drive business success.**

WHAT YOU'LL GAIN



- Thermal Recovery Specialist status that positions you at the top of your field.
- The expertise to deliver structured, clinical-grade care every session.
- Confident client management from assessment through to progression.
- The ability to prescribe courses of sessions and charge premium rates.
- Professional CPD credits that validate your commitment to excellence.

DEVELOP YOUR EXPERTISE AND TRANSFORM YOUR PRACTICE AND PROFITABILITY



ADVANCEDCRYO ❄️

ABOUT US

AdvancedCryo is a global education provider setting the recognised standard for thermal therapy training.

For more than a decade, AdvancedCryo has worked across academic, clinical and performance environments to advance the application of thermal therapy. **We educate and certify professionals to become recovery specialists in cold and heat therapy**, bridging the gap between simply operating equipment and confidently applying evidence-based thermal interventions in practice.



THERMAL RECOVERY SPECIALIST EDUCATION



BECOME A RECOVERY SPECIALIST

Cold and heat therapies are becoming increasingly popular and are now commonly used in combination across recovery, performance and wellness settings.

We train professionals to specialise in this area, equipping them with the clinical reasoning skills to assess clients, tailor treatments and deliver truly individualised care.

By mastering both cold and heat therapies, practitioners can optimise outcomes across all stages of recovery, enhance performance and establish themselves as **trusted recovery specialists in the wellness industry.**

BUILDING CLINICAL EXPERTISE

RESULTS ARE DRIVEN BY KNOWLEDGABLE PRACTITIONERS

Our courses equip you to:

- Understand the science of injury, inflammation and recovery.
- Master key physiological principles and responses to thermal therapies.
- Select and apply cold and heat interventions at each stage of a client's journey.
- Design safe, effective and individualised treatment programmes.

The Result: The confidence to deliver high level care, optimise outcomes and lead in clinical environments providing specialised cold and heat therapy services.



LEAD WITH EXPERTISE

Across recovery, performance and wellness settings, high-level outcomes are driven by clinical understanding, **not generic protocols.**

- Understanding **physiology, adaptation and recovery processes.**
- Applying therapies **based on individual client needs.**
- **Managing the full client journey** from assessment to progression.

THIS IS WHAT TRANSFORMS EQUIPMENT FROM A TOOL INTO A PROFESSIONAL PRACTICE.

Just as a gym attendant may know how to operate equipment but is not a qualified personal trainer, a recovery specialist goes far beyond device operation.



THE ROLE OF EDUCATION

AdvancedCryo courses are designed to develop recovery specialists through the clinical application of thermal interventions and strategic client management.

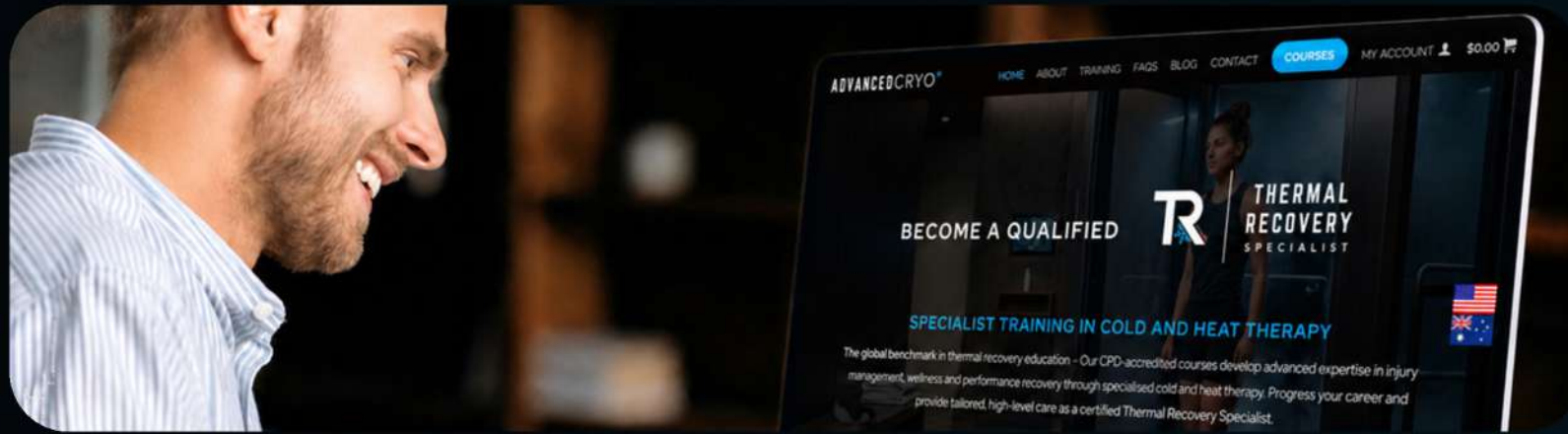
THE IMPACT

- Elevates clinical standards and client care.
- Delivers better outcomes for clients.
- Maximises returns on device investments.
- Builds sustainable long-term demand for treatments.



Our aim is to equip practitioners with expertise to realise the full potential of thermal therapies.





ELITE EDUCATION

Our extensive hands-on experience enables us to lead clinical education at the highest level. We've worked across device distribution, maintenance, manufacturer-led operational training and direct client care for injury, autoimmune conditions, wellness and recovery. **Over a decade treating clients from start to finish gives us deep insight into what therapists need to deliver results and drive business performance.**

Cryotherapy was originally developed as a medical treatment requiring individualised approaches for specific conditions, yet this has been lost as the therapy has become increasingly commercialised.



Strong practical experience, combined with robust theoretical knowledge in all forms of cold therapy, is essential to develop high-performing therapists. Our **CPD-accredited qualifications** bridge this gap in clinical understanding.

ADVANCED CRYO EXPERIENCE

CRYOTHERAPY EDUCATOR

13+ years experience delivering operational and therapeutic training in Cryotherapy and thermal modalities.

CRYOCONDITIONING COACH

7+ years experience coaching clients and elite athletes in strength & conditioning, injury rehabilitation and recovery.

With well over a decade in the industry, we have worked as device distributors, operational trainers, leaders of Cryostimulation clinical trials, Cryoconditioning coaches, clinical workshop facilitators, elite athlete recovery specialists, wellness service managers and independent thermal therapy course educators. Some notable experience includes:

- UK Cryotherapy educator for multiple manufacturers.
- Official partner with Manchester United to manage athlete recovery for their first team players.
- Managing the wellness services at the UK's best private health club.



ADVANCEDCRYO❄️ SERVICES



COURSES

CERTIFIED THERMAL THERAPY COURSES

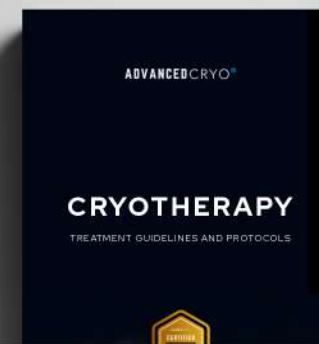
We offer four elite online training courses.



1-TO-1 WEBINARS

CRYOTHERAPY SUPPORT WEBINARS

Personalised one-to-one clinical support covering therapeutic, safety and business aspects of Cryotherapy.



SUPPORT GUIDES

CRYOTHERAPY GUIDELINES AND PROTOCOLS

A comprehensive reference for qualified Thermal Recovery Specialists, featuring clinical guidelines, practical insights and detailed treatment protocols.

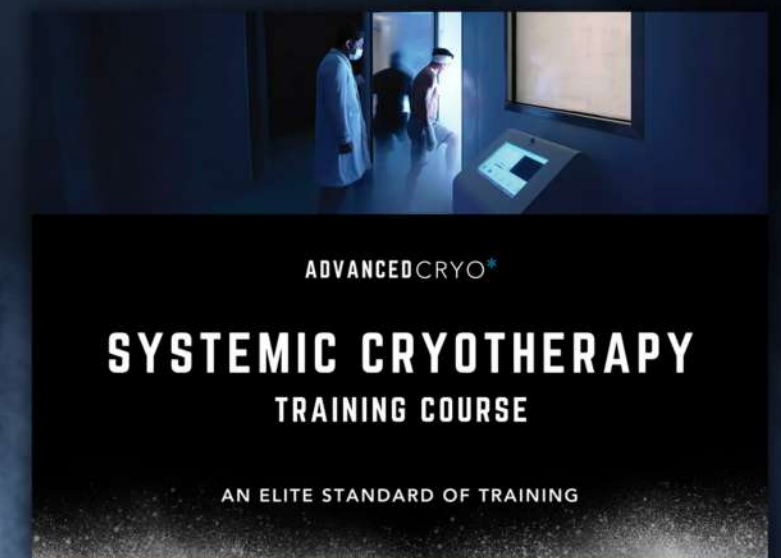


WORKSHOPS

THERMAL THERAPY WORKSHOPS

All theoretical aspects across all forms of thermal therapy. Digital CPD-accredited certificates included upon completion.

CERTIFIED COURSES



THERMAL
RECOVERY
SPECIALIST

CRYO SPECIALIST*
PERFORMANCE

BECOME A LOCALISED
CRYO SPECIALIST*

BECOME A SYSTEMIC
CRYO SPECIALIST*

BECOME A QUALIFIED SPECIALIST.
ALL COURSES ARE CPD-ACCREDITED.



CPD-ACCREDITED COURSES

1. **Credibility & Recognition:** CPD accreditation ensures learning is formally recognised, reflecting AdvancedCryo's commitment to the highest professional standards.
2. **Professional Assurance:** Accreditation confirms course content meets rigorous quality and relevance standards, making your CPD hours meaningful.
3. **Trusted Professional Development:** CPD provides **independent** validation, showing your skills and knowledge are credible and evidence-informed. Training focuses on the therapy itself, not operating one specific device.
4. **Independent Validation:** Courses are thoroughly analysed and reviewed, fully referenced, non-biased and science-backed, reinforcing reliability.
5. **Career Advancement:** CPD qualifications support career progression, formally recognising your certification and commitment to best practice.



THERMAL RECOVERY SPECIALIST COURSE



20 CPD-Credits | 20 hours of online self-paced learning and a final assessment

- **Attain Thermal Recovery Specialist status:** Become a recognised recovery specialist, skilled in the clinical application of thermal interventions for long-term, results-driven success.
- **Develop new knowledge and expertise:** Manage injury and inflammation using a range of therapeutic modalities.
- **Build practical skills:** Learn to apply treatments with precision and deliver effective results.
- **Recognised qualification:** Earn a respected certification that boosts your professional credibility.



THERMAL RECOVERY SPECIALIST COURSE CONTENT



THE SCIENCE BEHIND COLD EXPOSURE AND HEAT THERAPY ACROSS ALL MODALITIES

- Localised and Systemic Cryostimulation (Cryosaunas, Cryochambers and ice baths): application, processes, guidelines, protocols and safety.
- Understanding the phases of inflammation and injury.
- Temperature-based interventions for inflammation, pain and injury management.
- Treatment management including guidelines, safety and techniques to deliver optimal sessions.

- Performance recovery strategies using saunas, heat packs, contrast therapy and cold water immersion.
- Breath work, cold water immersion, ice baths and cold shower integration to support physiological outcomes and nervous system regulation.
- Prescribe sessions and master how to structure treatments, create tailored packages and manage clients to achieve their specific goals.
- Client management to improve business performance through packaging sessions, improving treatment outcomes and strengthening your ability to confidently sell structured treatment courses.

PERFORMANCE MODULE



5 CPD-Credits | 5 hours of online self-paced learning and a final assessment

- Take your thermal therapy expertise to the next level with AdvancedCryo Performance – a specialised advanced CPD module focused on applying thermal therapy for injury, recovery and performance management.
- Designed for certified Thermal Recovery Specialists, this advanced training module delivers practical, science-based strategies for applying cold and heat therapy to enhance recovery, manage inflammation and support optimal performance across all levels of sport.

CRYOSPECIALIST COURSE

- **SECTION 1:** Course Introduction
- **SECTION 2:** Forms of Cryotherapy
- **SECTION 3:** Cryostimulation - The Science and the Theory
- **SECTION 4:** Device Operation
- **SECTION 5:** Treatment Processes
- **SECTION 6:** Physiological Response
- **SECTION 7:** Comparing Cold Shock Therapies
- **SECTION 8:** Safety Information
- **SECTION 9:** Treatment Application and Managing Clients
- **SECTION 10:** Clinical Results
- **SECTION 11:** Cold Water Immersion & Breathing Techniques
- **SECTION 12:** Heat Therapy (includes sauna use)

LOCALISED COURSE

- Focused on localised applications.
- No section 11, 12 or whole body Cryo content.

SYSTEMIC COURSE

- Focused on whole body applications.
- No section 12 or local Cryo content.

The Thermal Recovery Specialist course also offers enhanced insights, featuring specialised lessons on prescribing sessions, structuring treatments, optimising business performance and much more.

FULL CURRICULUM DETAILS ARE AVAILABLE ON OUR WEBSITE



SETTING THE BENCHMARK FOR EXCELLENCE

AdvancedCryo courses offer a structured curriculum divided into sections and lessons, featuring interactive menus and instructional videos. **They are fully online and self-paced**, with each course having a suggested completion timeframe. The Thermal Recovery Specialist course is typically completed in 2 - 4 weeks, while the shorter Performance module can be finished over a single weekend.

TRAINING MATERIALS AREA: Students can access 300+ downloadable, fully referenced research papers and work templates such as consent forms.

ASSESSMENT: At the end of each course, students complete an online assessment requiring a **70% pass rate** to earn certification.

EXPERT SUPPORT

All AdvancedCryo courses are highly detailed, highlighting key concepts, reviewing research and providing clear guidelines for all forms of thermal therapy.

Students benefit from direct access to expert support from professionals with over a decade of experience in therapeutic application and Cryotherapy education. **This level of support and guidance is unmatched in the industry.**

Each student is allowed up to 3 re-sit attempts and can receive personalised guidance from our expert team to enhance understanding.



CERTIFIED WORKSHOPS



**CRYO THERAPY
WORKSHOP**



**THERMAL THERAPY
WORKSHOP**

A comprehensive CPD online workshop encompassing all theoretical aspects across **all forms of Cryotherapy**. Digital CPD-accredited certificates included upon completion. This workshop runs for approximately 3 hours and includes dedicated time for Q&A at the end of the session. The workshop is delivered to groups of up to 10 participants to ensure an interactive and focused learning experience.

The thermal therapy workshop also includes an added section covering sauna use and contrast therapy, and runs for a total of approximately 4 hours. More information about the curriculum is available on our website.

THERMAL SPECIALIST COURSE

 GBP
£2500

 USD
\$3400

 AUD
\$5130

PERFORMANCE MODULE

 GBP
£560

 USD
\$750

 AUD
\$1140

LOCALISED COURSE

 GBP
£1660

 USD
\$2250

 AUD
\$3350

SYSTEMIC COURSE

 GBP
£1980

 USD
\$2650

 AUD
\$4000

COURSE PRICING

CRYOTHERAPY WORKSHOP

 GBP
£985

 USD
\$1350

 AUD
\$2050

THERMAL THERAPY WORKSHOP

 GBP
£1240

 USD
\$1700

 AUD
\$2600

CRYOTHERAPY DEVICE TRAINING

 GBP
£1240

 USD
\$1700

 AUD
\$2600

CRYOTHERAPY SUPPORT WEBINAR

 GBP
£245

 USD
\$335

 AUD
\$510

CRYOTHERAPY BOOK

 GBP
£80

 USD
\$100

 AUD
\$150

TRAINING SERVICES PRICING

WHY ARE OUR COURSES ESSENTIAL?

The Recognised Standard for Clinical Excellence

We help to **regulate best practice** through improved clinical reasoning, stronger treatment plans and increased client adoption.

Clinical-Focused Learning

We equip professionals to maximise the impact of new investments or market entry through clinical education that enhances performance and drives business growth.

Full Spectrum of Thermal Therapy

Gain clarity and confidence through a **complete understanding of thermal therapy**, essential for effective client management and therapy marketing.

Develop Critical Expertise in Clinical Application

Deliver individualised care that retains clients and boosts business performance by offering structured, tailored treatment packages.

Independent CPD Accredited Qualifications

Non bias, science driven, assessed courses deliver clear clinical guidance, professional recognition and proven competency.



OUR MISSION

By developing highly educated and well-trained recovery specialists we cultivate confident practitioners who achieve stronger clinical outcomes, maximise the return on their device investments and build more successful clinics.

Specialist-trained professionals generate higher-quality referrals, build greater client trust and increase device utilisation benefiting both individual clinics and the wider industry.

