

**ADVANCEDCRYO** ❄️

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**THE STANDARD FOR EDUCATION IN COLD & HEAT THERAPY**

**CPD-ACCREDITED QUALIFICATIONS FOR WELLNESS PRACTITIONERS**

## WHY IT MATTERS

# THE INDUSTRY HAS AN EDUCATION PROBLEM

Powerful equipment has entered the industry faster than the education behind it, and the gap shows in every clinical decision. Practitioners are investing in expensive equipment - Cryochambers, infrared units, contrast systems - much of it built on genuine medical origins now lost to commercialisation. Manufacturers teach you to operate their device. That's not the same as educating you to practise.

Real results come from understanding injuries and conditions, and knowing exactly when and how to apply each therapy - sequencing, dosing and structuring them into a genuine, progressive programme.

### **A Critical Knowledge Gap**

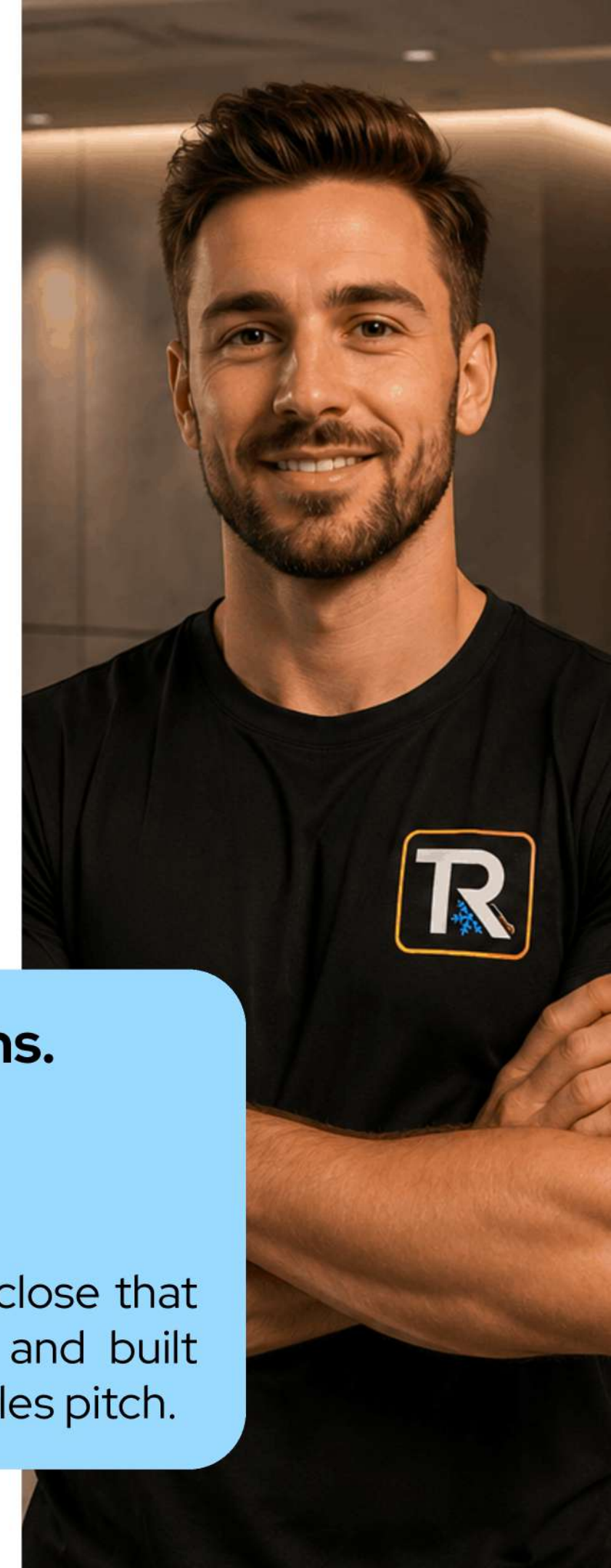
Operator training covers devices, not clients - leaving results inconsistent and care fundamentally limited.

### **Hype Over Science**

Commercialisation has clouded the science, leaving practitioners and clients unclear on how these therapies actually work.

**"Device operators run sessions. Qualified practitioners run practices."**

Our qualifications were developed to close that gap - independent, evidence-based and built on therapeutic clinical science, not a sales pitch.



# OUR STORY BUILT FROM REAL CLINICAL & ELITE SPORTING EXPERIENCE

Over a decade working across academic, clinical and performance environments to advance the application of thermal therapy.

Cryotherapy and thermal recovery aren't new to us - over a decade spent applying and educating others in wellness clinics, performance environments and alongside elite sports teams, seeing first-hand what happens when powerful equipment meets undertrained staff.

**We understand this field from every angle** - device distribution, operational training, clinical trials, elite athlete recovery and independent education. That breadth is what makes our education different.

## Cryotherapy Educator

UK Cryotherapy educator for multiple manufacturers, and lead facilitator of clinical Cryostimulation workshops and trials across the industry.

## Elite Sport & Recovery

Our experience includes serving as an official partner of Manchester United, managing athlete recovery for their first-team players, alongside managing wellness services at the UK's leading private health club.



# THREE PATHWAYS TO QUALIFICATION

From a fast, focused certification to complete specialist-level mastery - every pathway is CPD-accredited and built on independent clinical evidence.



## CryoTherapist *Fast & Focused*

The physiology, safety and client management every practitioner needs across Whole Body and Localised Cryotherapy.

**Best for:** Individuals wanting a fast qualification, and businesses training entire teams.



## Thermal Recovery Specialist *Complete & Comprehensive*

The full science of cold and heat therapy - specialist-level skills in injury management and high-value programme design.

**Best for:** Practitioners wanting full specialist status and the ability to prescribe and sell recovery programmes.



## Performance *Optional Advanced Module*

Advanced education in applying thermal therapy to injury, recovery and performance management.

**Best for:** Certified Specialists working in injury rehab or elite performance who want to go further.



# BECOME A CPD-ACCREDITED THERMAL RECOVERY SPECIALIST

## 20 CPD CREDITS

*It's the difference between  
running machines and  
running a practice.*

Real results come from knowing exactly when and how to apply each therapy - sequencing, dosing & structuring them into a genuine, progressive programme. That's the line between a device operator and a specialist.

### Therapeutic Expertise

**Evidence-based knowledge across every cold and heat modality** - indications, safety and how to prescribe protocols tailored to individual goals.

### Physiology & Injury Management

Deep understanding of injury, inflammation and recovery - assessing and progressing clients through each phase of healing.

### What You'll Gain

- **Qualified, CPD-accredited status** - the credential that sets you apart from every device operator in the industry.
- **Pricing power** - equipment is commoditised, expertise isn't. Charge like a specialist, not a spa.
- **Measurable client outcomes** - correct sequencing and dosing, not guesswork, every session.
- **Elite-level protocols** - the same methods trusted by the best athletes in the world.
- **Zero bias, pure science** - 350+ referenced papers, no sales pitches or misinformation.





CRYOTHERAPIST\*

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# BECOME A CPD-ACCREDITED CRYOTHERAPIST\* 10 CPD CREDITS

*Cold therapy is a clinical skill, not just operating devices.*

Cold therapy is one of the most widely used, and most widely misunderstood, modalities in the industry - often handed to staff with a quick device demo and no grounding in physiology, contraindications or client management. This course exists to fix that, fast - a focused, practical qualification covering exactly what practitioners need to use cold therapy safely and effectively, without the time or cost of a full specialist course.

## What You'll Gain

- **Qualified, CPD-accredited status** - a valued qualification in cold therapy (Whole Body and Localised Cryotherapy, icing and cold compression) not just training on how to run one device.
- **Safety and confidence** - a real understanding of physiology, therapeutic processes, contraindications and risk. Client-ready packaging - learn to apply and tailor cold therapy to different needs.
- **A fast, affordable pathway** - ideal for individuals or businesses looking to set standards and qualify their staff. Zero bias, pure science - clinical foundations, not sales pitches or misinformation.

Anyone can buy the equipment. This qualification is what makes your staff educated to use it properly.





PERFORMANCE  
SPECIALIST

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# BECOME A CPD-ACCREDITED PERFORMANCE SPECIALIST

## 5 CPD CREDITS

*Injury and Athlete  
Management - for certified  
TRS's ready to go further.*

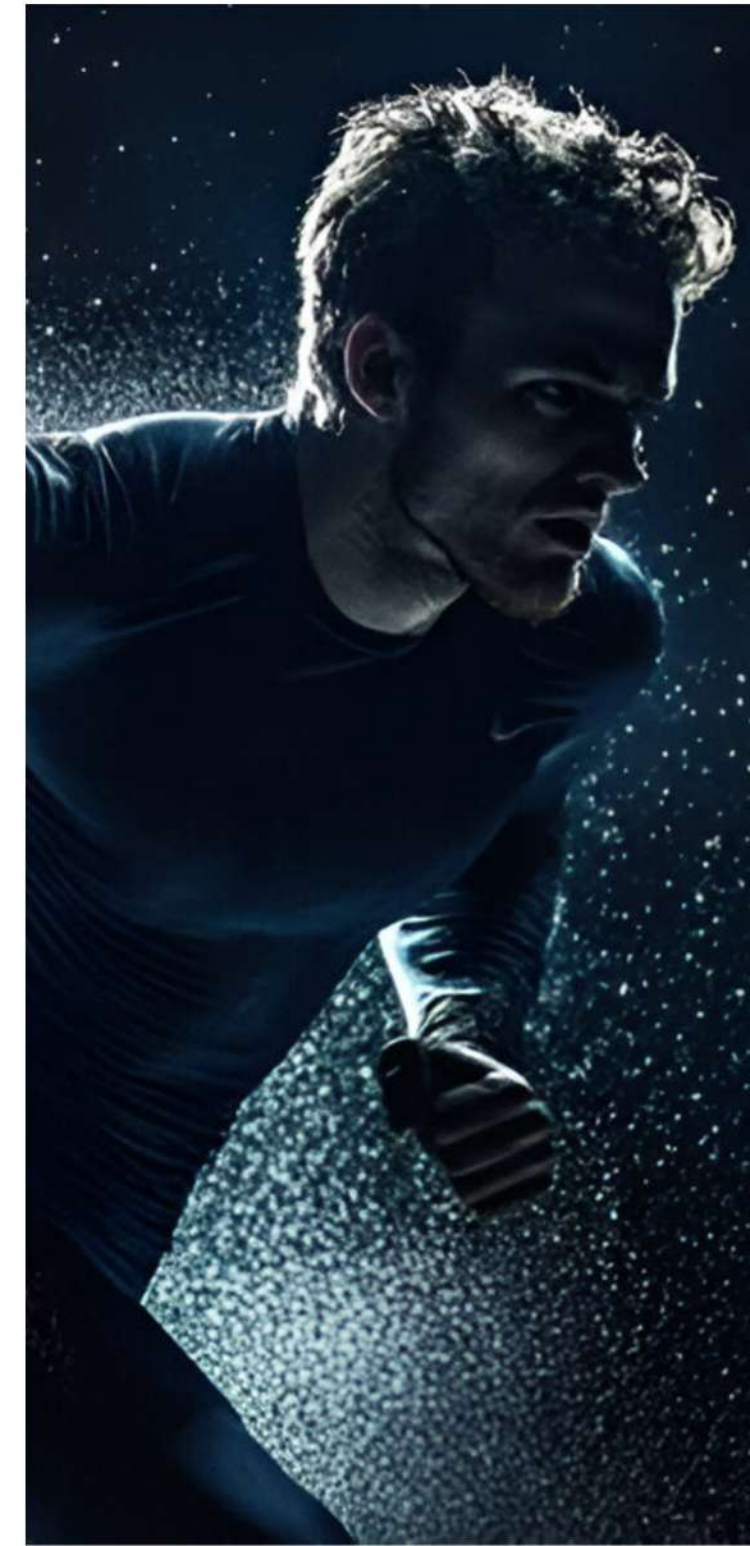
Take your expertise to the next level with AdvancedCryo Performance - an advanced CPD module for certified Specialists, delivering practical, science-based strategies for applying thermal therapy to enhance recovery, manage inflammation and support performance across all levels of sport. You'll learn to design tailored protocols for acute, sub-acute and chronic injuries, and implement evidence-based approaches relied upon by elite athletes and performance specialists.

### Highly Recommended For

- Physical therapists and rehabilitation coaches.
- Recovery specialists and performance coaches.
- Practitioners managing injury caseloads across sport and clinical settings.

### Covers

- Pain relief, chronic injury and postoperative recovery protocols.
- Understanding anabolic signalling and muscle recovery.
- Pre- and post-exercise performance and recovery strategies.



# ACCREDITATION AND STANDARDS

## WHY LEARN WITH US

*Independent, evidence-based, and built by people who have practised at every level of this field.*

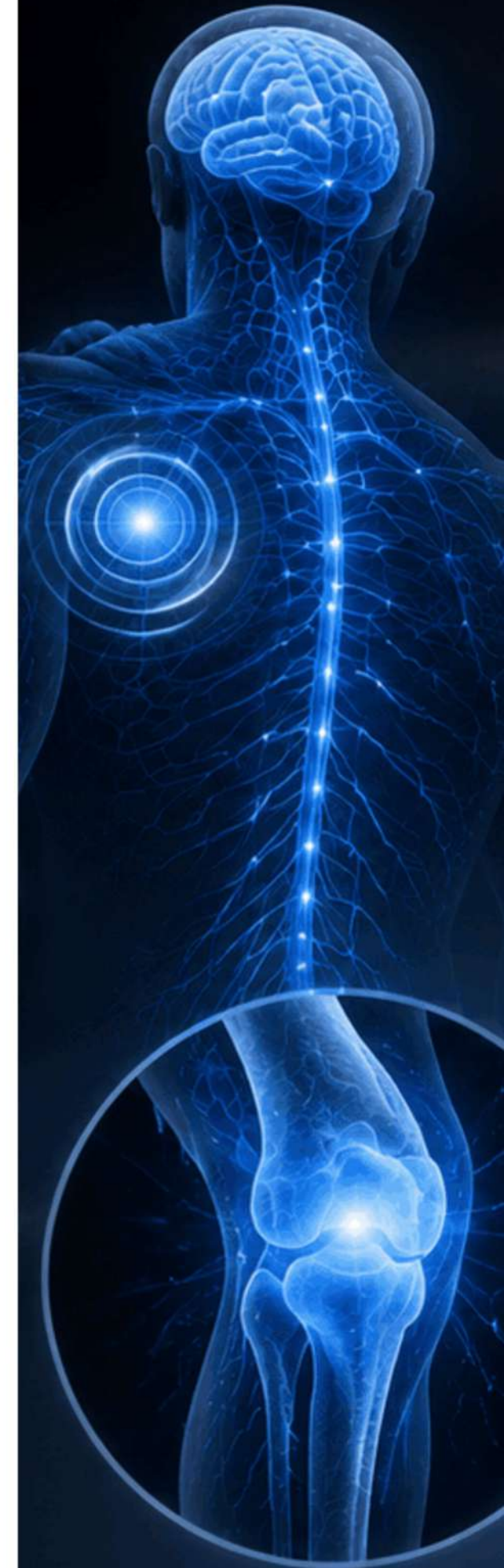


- **Independent & unbiased** - no sales strategies, just clinical science.
- **Evidence-based** - underpinned by over 350 referenced research papers.
- **Real-world proven** - over a decade across wellness clinics, physical therapy and elite sports teams.
- **CPD-accredited** - globally recognised qualifications.
- **Built by experts** - designed by medically trained professionals with deep clinical experience, fully focused on cold and heat therapy education.

## WHAT TO EXPECT

1. **Flexible, self-paced online learning** combining theory and practical application, supported by a comprehensive research library and expert educators.
2. **Complete a final assessment** requiring a 70% pass rate, with up to 3 re-sit attempts and personalised support from our expert team.
3. **Receive your CPD-accredited qualification along with a unique verification ID**, confirming your training to the highest industry standard.

**Who It's For** - physical therapists, sports physicians, rehabilitation and strength & conditioning professionals, personal trainers, performance and recovery coaches, Cryotherapy practitioners of all levels and wellness professionals.



# BEYOND THE COURSES TRAINING SERVICE & PARTNERSHIPS

Live team training, ongoing support, and partnership opportunities for manufacturers and distributors.



## Become an Authorised Education Partner

Help your clients get more from every device you sell.

- **Maximise device ROI** – certify clients with education that builds real expertise and clinic performance.
- **Drive expansion** – confident therapists fuel demand for further equipment.
- **Strengthen your offering** – bundle our courses to increase sales value and your reputation as an industry leader.

## Thermal Therapy Workshops

A live CPD workshop covering all theoretical aspects of Cryotherapy, sauna use and contrast therapy. Digital certificates included.

*Without specialist education, thermal therapies often remain complementary add-ons. With it, they become a primary revenue driver.*

# INVESTMENT COURSE PRICING

All courses are CPD-accredited and include full access to course materials, assessments and your official qualification.

<b>CRYOTHERAPIST</b> ❄️ Qualification	 <b>GBP</b> £750	 <b>USD</b> \$1000	 <b>AUD</b> \$1450
<b>THERMAL RECOVERY SPECIALIST</b> Qualification	 <b>GBP</b> £2500	 <b>USD</b> \$3400	 <b>AUD</b> \$5150
<b>PERFORMANCE SPECIALIST</b> Qualification	 <b>GBP</b> £560	 <b>USD</b> \$750	 <b>AUD</b> \$1150
<b>CRYOTHERAPY</b> Workshop	 <b>GBP</b> £990	 <b>USD</b> \$1350	 <b>AUD</b> \$2050
<b>THERMAL THERAPY</b> Workshop	 <b>GBP</b> £1250	 <b>USD</b> \$1700	 <b>AUD</b> \$2600

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# GET QUALIFIED

THIS IS WHAT MAKES YOU WORTH BOOKING

Get in touch to discuss course enrolment, team training or partnership opportunities.



@advancedcryo\_



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