

DEVICE OPERATION COVERS THE BASICS. REAL OUTCOMES DEMAND CLINICAL EDUCATION

ADVANCEDCRYO❄️

WWW.ADVANCEDCRYO.NET



THE GOLD STANDARD
IN THERMAL RECOVERY
EDUCATION

THE STANDARD FOR EDUCATION IN COLD & HEAT THERAPY

CPD-ACCREDITED QUALIFICATIONS FOR WELLNESS PRACTITIONERS

WHY IT MATTERS - THE INDUSTRY HAS AN EDUCATION PROBLEM

TRAIN TO PRACTICE

Independent, evidence-based, clinically focused, CPD-accredited qualifications covering the full spectrum of cold and heat therapy - across injury management, recovery and wellness. Built on 350+ referenced research papers and rooted in the original medical foundations of thermal therapy, not tied to any single device or brand.

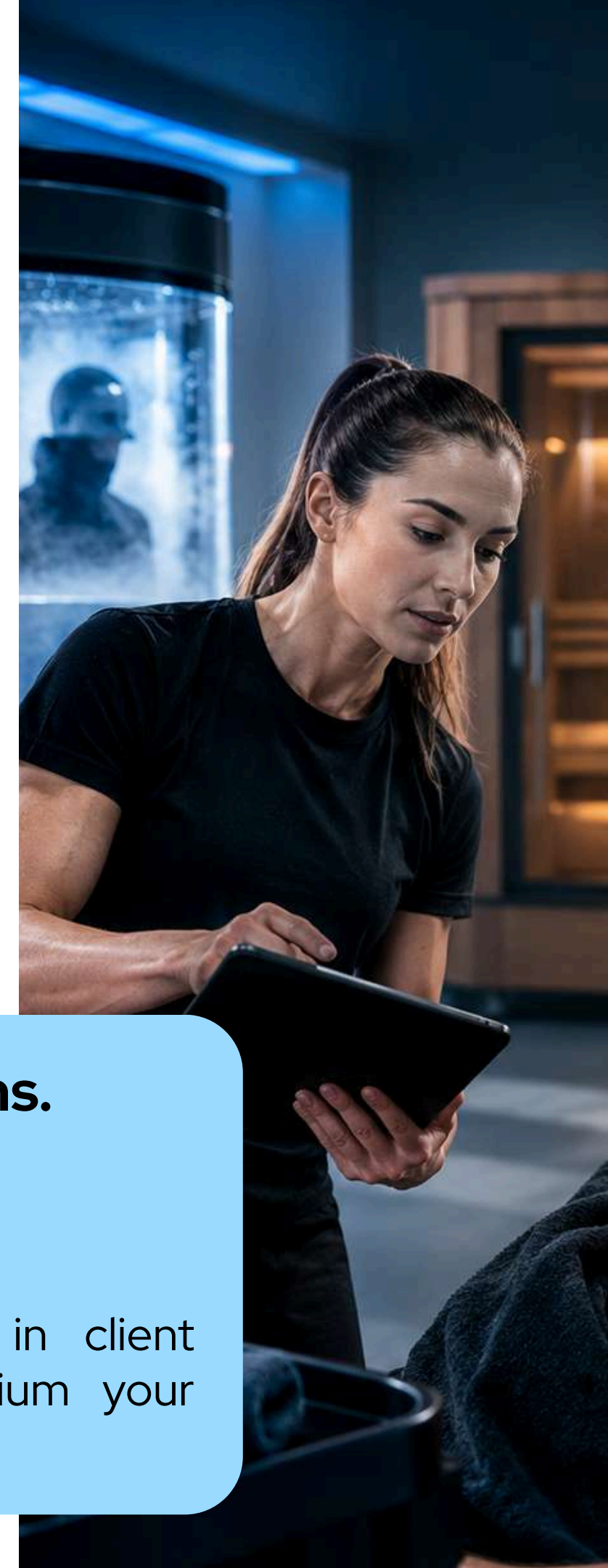
Why Get Qualified?

Thermal therapy is a clinical field. It demands real understanding of physiology, injury management, contraindications, client assessment and safe practice – across every modality, not just device operation. Manufacturer training teaches you to run their product; it's built to support a sale, not **develop a practitioner**.

Apps and protocols offer basic structure, but they can't replace clinical reasoning. True expertise is the ability to adapt care to the individual - their needs, goals and response. That level of personalised care can't be automated, which is why **the wellness industry will always need highly trained professionals.**

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

The difference shows up directly in client outcomes, retention and the premium your business can confidently charge.



FROM OPERATOR TO SPECIALIST

Why are AdvancedCryo qualifications essential for professionals working within the wellness industry?



A client says

"I have inflammation."

- What is actually happening physiologically?
- Should you always deliver treatment?
- Which modality is most effective, and does timing matter?



A client books

"A recovery session."

- Can you explain what's physiologically happening during recovery?
- What's your structured wider approach?
- Can you advise on thermal therapy timing and management?



A client asks

"Can you treat my injury?"

- How should thermal therapies be applied across different injury phases?
- Do you know how to manage both acute and chronic presentations?
- Can you propose and sell a structured plan for recovery goals?

These are just the basics you should know daily - yet most practitioners can't answer them confidently. It's an industry-wide education problem. Our courses teach the physiology, clinical reasoning and treatment strategies to answer them properly and how to manage different client needs. The goal isn't just deeper cold and heat therapy knowledge. It's becoming a qualified specialist who understands why, when and how to look after clients.

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.

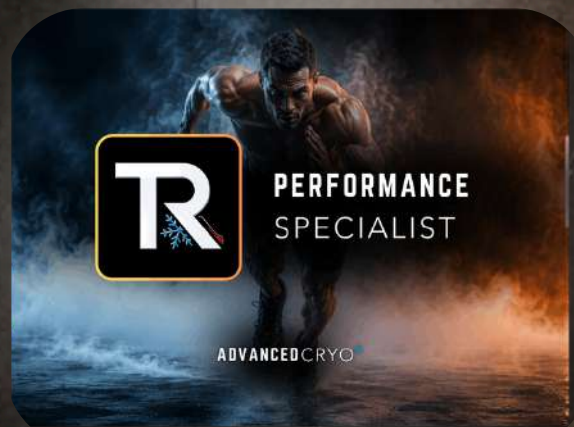
Best for: Individuals wanting a fast qualification, and businesses training entire teams.



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.*

Cold and heat therapy education built on clinical evidence and proven through real-world experience with wellness services, physical therapy and elite sports teams. Clients can tell the difference between operating a device and being in the hands of a true recovery 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 in the industry.
- **Pricing power** – equipment is commoditised, expertise isn't. Charge like a specialist, not a spa.
- **Real clinical skills** – injury management, treatment planning and progressive programming.
- **Core physiology knowledge** – includes inflammatory phases, pain relief mechanisms & thermal stress triggers.
- **Measurable client outcomes** – correct sequencing and dosing, not guesswork, every session.
- **Zero bias, pure science** – 350+ referenced papers, no sales pitches or misinformation.





BECOME A CPD-ACCREDITED THERMAL RECOVERY SPECIALIST

20 CPD CREDITS

*Developing world-class
recovery practitioners*

MODALITIES COVERED



Whole Body Cryostimulation



Cold Compression Therapy



Sauna Use



Localised Cryostimulation



Cold Water Immersion



Hot Water Immersion



Cooling / Icing



Breathing Techniques



Contrast Therapy

CLIENT MANAGEMENT



Injury Management



Programme Prescription



Personalised Care





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.





BECOME A CPD-ACCREDITED PERFORMANCE SPECIALIST

5 CPD CREDITS

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

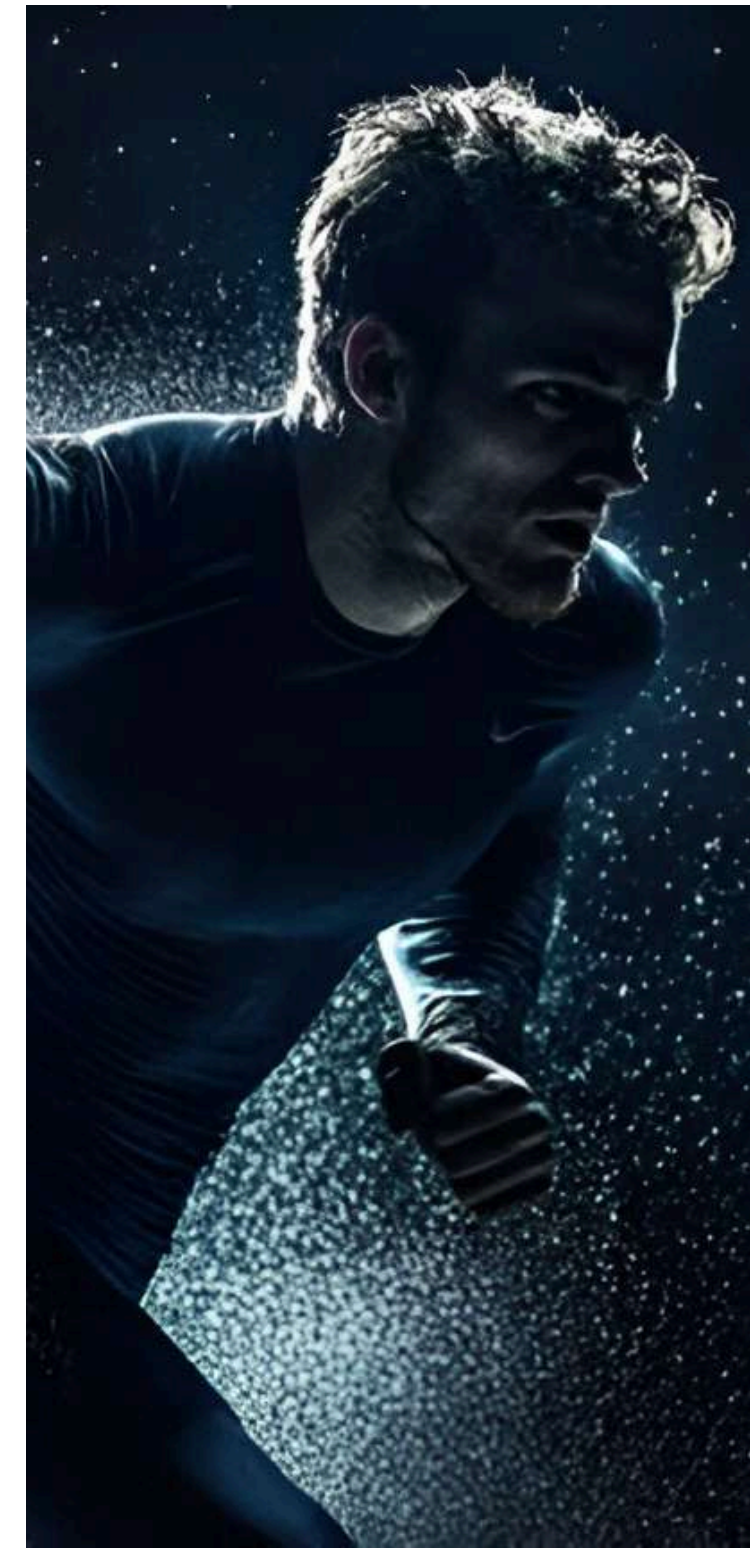
Take your expertise to the next level with AdvancedCryo Performance – an advanced CPD module for certified Specialists, delivering practical, science-based strategies for applying thermal therapy to enhance recovery, manage inflammation and support performance across all levels of sport. You'll learn 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

- **Learn flexibly** – self-paced online theory and practical application, backed by a full research library and expert educators.
- **Pass your assessment** – 70% pass rate required, with up to 3 re-sits and personalised support.
- **Get qualified** – **receive your CPD-accredited qualification and unique verification ID.**

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.

Qualify with AdvancedCryo and join the **Thermal Recovery Practitioners Association** – a private community connecting qualified specialists across the industry.



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.

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

ADVANCEDCRYO❄️

GET QUALIFIED

THIS IS WHAT MAKES YOU WORTH BOOKING

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



@advancedcryo_



www.advancedcryo.net



info@advancedcryo.net