EDUCATION THAT TURNS EQUIPMENT INTO OUTCOMES

ADVANCEDCRYO

THE CPD GROUP

# BECOME A RECOVERY SPECIALIST

## The Global Standard In CPD-Accredited Clinical Education

## Get Qualified – Why It Matters

# Become A Recovery Specialist

***Thermal Recovery*** is a clinical field of practice developed by AdvancedCryo, the qualifying body for Thermal Recovery Specialists. It teaches wellness professionals how to think and work clinically, combining recovery physiology with a deep understanding of cold and heat therapies and wider approaches.

**Clinical foundations:** the physiology behind wellness, recovery, longevity and injury management, the key drivers and strategies of recovery, and how therapies support these goals and are applied to progress towards real outcomes.

**Cold and heat therapies:** the full spectrum of thermal therapies, including their responses, applications and guidelines, and how to use them to achieve meaningful clinical outcomes, not just short-term symptom relief or physiological responses.

# From Operator To Specialist

Why are *Recovery Specialist* qualifications essential for professionals working within the wellness industry?

*Operating equipment is only a small part of delivering wellness and recovery services. A physiological response is not an outcome, and no therapy drives recovery alone. The practitioner does.*

## Education Changes How You Practice

Operating a device is not the same as delivering results. That requires the judgement to know when to intervene, which modality to choose, how to measure progress and when to collaborate. It is also why our education deliberately separates itself from product and operational training. *Thermal Recovery* is built on clinical reasoning, not on pressing buttons and following generic protocols.

# Develop Clinical Reasoning
# The Industry Has An Education Problem

## Wellness Therapies Are Tools - Not Treatment Strategies

Their value depends on how, when and why they're used, yet an oversimplified industry has turned complex physiological responses into simple claims and promises. The real question isn't "will the client feel better?" It's "why do they need this, is it appropriate now, and where does it fit into a broader recovery plan?" **That's the difference between running a session and managing client recovery.**

- **Understand what drives results** – Learn the physiology of recovery, injury and longevity, so decisions are based on reasoning, not routine.
- **Plan with purpose** – Build client plans that combine thermal therapies with the wider factors that determine outcomes.
- **Apply it across your whole service** – Use the same clinical foundations to get more from every therapy, device and treatment you offer.

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*

A CPD-accredited qualification covering Whole Body Cryotherapy, Localised Cryotherapy, cooling and cold compression - the physiology, safety and client management every practitioner needs.

**Best for:** Professionals seeking a fast-track, career-ready qualification & businesses upskilling teams.

## Thermal Recovery Specialist *Complete & Comprehensive*

The core CPD-accredited qualification across the full spectrum of cold and heat therapies, built on 350+ referenced papers and covering recovery, injury management, longevity and programme design.

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

## Performance *Advanced Module*

Learn the wider approach to recovery, building the reasoning to manage clients across the factors that determine results – injury, recovery and performance management.

**Best for:** Specialists who want to complete their Recovery Specialist education & manage every type of client.

# Become A Recovery Specialist

Transform your practice.

**Complete the *Thermal Recovery Specialist* course and the *Performance Specialist* module to qualify as a recognised RECOVERY SPECIALIST, with a clinical foundation in wellness, recovery, injury management and longevity.**

That grounding goes well beyond any single therapy. You learn to assess clients, reason clinically and build structured plans, then apply the same principles to every wellness service you offer, not only cold and heat. With knowledge of sleep, nutrition, movement, stress and the full range of thermal therapies, you can apply the best approach for each client and achieve stronger individualised outcomes.

# Become A CPD-Accredited THERMAL RECOVERY SPECIALIST

**20 CPD CREDITS**

*Practice Thermal Recovery.*

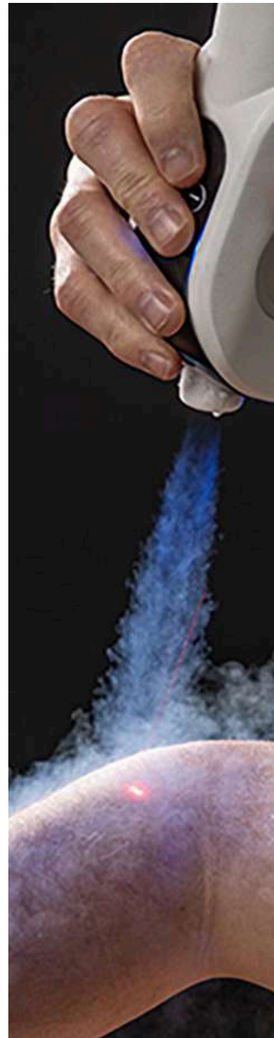
*Thermal Recovery* education built on clinical evidence and proven in wellness services, physical therapy and elite sport. Clients recognise the difference between someone who operates a device and a qualified recovery specialist who understands how to manage their recovery.

**Wellness, Longevity, Recovery & Injury Management** - Clinical understanding of injury, inflammation and recovery: assessing and progressing clients through each phase of healing.

**Therapeutic Expertise** - Evidence-based knowledge of every cold and heat modality: indications, contraindications, application and how to design programmes around individual goals.

## What You'll Gain

- **Qualified, CPD-accredited status** – the credential that sets you apart in the industry.
- **Recovery specialist education** – A deep understanding of how to manage client recovery.
- **Pricing power** – equipment is commoditised, expertise isn't. Charge like a specialist, not a spa.
- **Real clinical skills** – wellness and injury management, treatment planning and progressive programming.
- **Core physiology knowledge** – includes inflammatory phases, pain relief mechanisms & thermal stress triggers.
- **Work with any device, in any setting** – apply cold and heat therapy confidently, regardless of the device.
- **Zero bias, pure science** – 350+ referenced papers, no sales pitches or misinformation.



THERMAL RECOVERY SPECIALIST

ADVANCEDCRYO

# 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

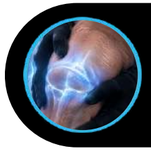
Hot Water Immersion

Cooling / Icing

Breathing Techniques

Contrast Therapy

## CLIENT MANAGEMENT


Injury Management

Programme Prescription

Personalised Care

PERFORMANCE SPECIALIST

ADVANCEDCRYO

# Become A CPD-Accredited PERFORMANCE SPECIALIST

**5 CPD CREDITS**

*Learn the wider approach to recovery.*

Complete your Recovery Specialist education with AdvancedCryo Performance, a CPD module on recovery management and applying thermal therapy to injury, recovery and performance. Building on the Thermal Recovery Specialist course, it combines practical, science-based strategies with the client management skills needed to deliver effective outcomes.

## Highly Recommended For

- Professionals managing wider health management.
- Physical therapists, rehabilitation coaches, recovery specialists & performance coaches.
- Practitioners managing injury caseloads across sport and clinical settings.

## Covers

- **Client management:** structuring programmes, tracking progress and adapting to the individual.
- **Sleep, nutrition and monitoring:** support recovery, manage readiness & make sound clinical decisions.
- **Thermal therapy for recovery management:** a deeper understanding of recovery guidelines and how to apply them.

# 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.

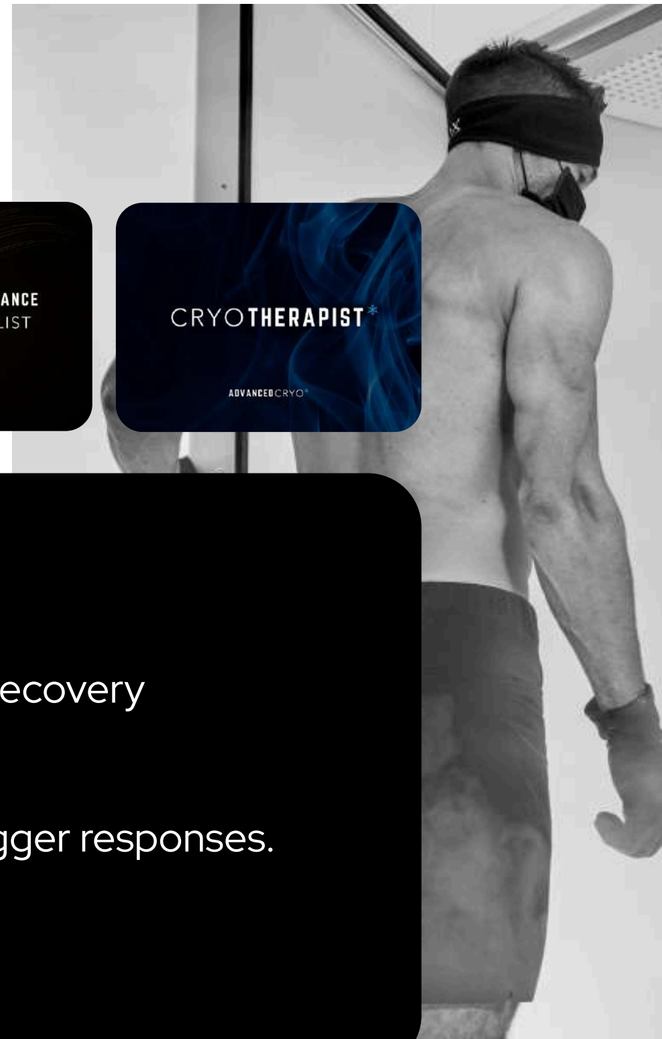
# Team CPD-Accreditation

## RECOVERY SPECIALIST TEAM PROGRAMME

**55 CPD CREDITS**

*Qualify your clinic team. Deliver outcomes, not just sessions.*

**A CPD-accredited team package (10% discount):** Educate your team in the physiology, safety and clinical reasoning behind every thermal modality you offer.



### What's Included

- 1 × Thermal Recovery Specialist qualification.
- 1 × Performance: Injury and Athlete Management Module.
- 3 × CryoTherapist qualifications.

### What Your Clinic Gains

- **Qualified, CPD-accredited status** that sets your team apart from device operators.
- **Safe, confident practice grounded in physiology**, science and a deep understanding of recovery management.
- **Work with any device, in any setting**.
- **Structured client programmes** that progress towards outcomes, not just sessions that trigger responses.
- **Pricing power**. Equipment is commoditised, expertise isn't.
- **Independent, evidence-based education** underpinned by 350+ referenced papers.

## Accreditation And Standards

# Why Learn With Us

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

- **Independent & unbiased** – no sales strategies, just clinical science.
- **Evidence-based** – a field of practice 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.

### 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 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.

### Thermal Therapy Workshops

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

ADVANCEDCRYO
EDUCATION PARTNER

### Become an Authorised Education Partner

Help your clients get more from every device you sell.

- Add CPD-accredited education to your sales packages.
- Provide clinical support for customers after the sale and access our referral network and sourcing guidance.
- Higher perceived value, better customer outcomes and stronger retention.

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

## Career Investment

# Course Pricing

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

| | GBP | USD | AUD |
|---|---|---|---|
| CRYO**THERAPIST** Qualification | £750 | $1000 | $1450 |
| **THERMAL RECOVERY** SPECIALIST Qualification | £2500 | $3400 | $5150 |
| **PERFORMANCE** SPECIALIST Qualification | £560 | $750 | $1150 |
| CRYO**THERAPY** Workshop | £990 | $1350 | $2050 |
| THERMAL **THERAPY** Workshop | £1250 | $1700 | $2600 |

DEVICE OPERATORS RUN SESSIONS. QUALIFIED SPECIALISTS RUN PRACTICES.

ADVANCEDCRYO

# Get Qualified

## BECOME A RECOVERY SPECIALIST

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

@advancedcryo_ www.advancedcryo.net info@advancedcryo.net