

BECOME A RECOVERY PRACTITIONER – NOT SIMPLY A DEVICE OPERATOR

ADVANCEDCRYO❄️



THE STANDARD FOR THERMAL RECOVERY EDUCATION
CPD-ACCREDITED QUALIFICATIONS FOR WELLNESS PRACTITIONERS

WHY IT MATTERS - THE INDUSTRY HAS AN EDUCATION PROBLEM

TRAIN TO PRACTICE IN THERMAL RECOVERY

AdvancedCryo provides CPD-accredited, clinically focused qualifications covering all cold and heat therapy for injury management, recovery and wellness, underpinned by 350+ referenced research papers and the medical foundations of thermal therapy.

The rapid growth of cold and heat therapy has created a new generation of wellness businesses investing in Cryochambers, Localised Cryotherapy devices, cold plunges, saunas and other recovery technologies. Owning the technology is only the beginning.

A wellness device is a tool - not a treatment strategy. Its value depends on understanding the client, the underlying physiology, and how, when and why the modality should be used.

Manufacturer training teaches you how to operate a specific product. It doesn't teach **clinical reasoning, injury management or assessment - the knowledge required to actually practise.**

"Device operators run sessions. Qualified practitioners manage client care."

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

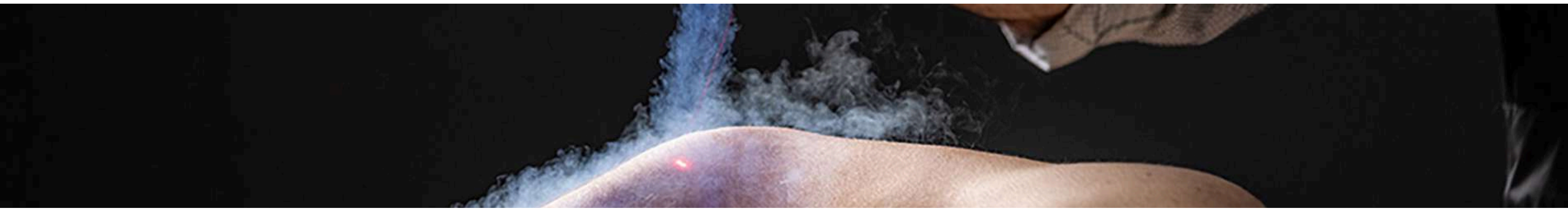


FROM OPERATOR TO SPECIALIST

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

Thermal Recovery covers the key principles every wellness practitioner should understand, yet most cannot answer them confidently. It reflects **an industry-wide education gap** – without this knowledge, professionals cannot consistently individualise care or progress clients toward meaningful outcomes.

The goal isn't simply to gain essential knowledge and training in cold and heat therapy. Our education goes beyond this to develop qualified recovery specialists who understand why, when and how to care for clients – **the difference between managing and progressing a client and simply providing short-term symptom relief.**



DEVELOP CLINICAL REASONING

SYMPTOM RELIEF ISN'T RECOVERY

Inflammation is part of the body's repair process – the goal is to manage it, not suppress it, without losing sight of the underlying injury.

A client in pain may move more freely after cold exposure, even when the tissue isn't ready to be loaded. Less pain can mean more risk.

The real question isn't "will the client feel better?" It's **why do they need this, is it appropriate now and how do we progress toward an outcome?**

That's the difference between running a session and managing recovery.



Our qualifications teach practitioners to manage the client, choose the right modality, apply it correctly and integrate it into a recovery strategy – **grounded in physiology, not generic oversimplified protocols.**

UNDERSTAND

- INJURY MANAGEMENT
- SPORTS RECOVERY
- WELLNESS & LONGEVITY

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.

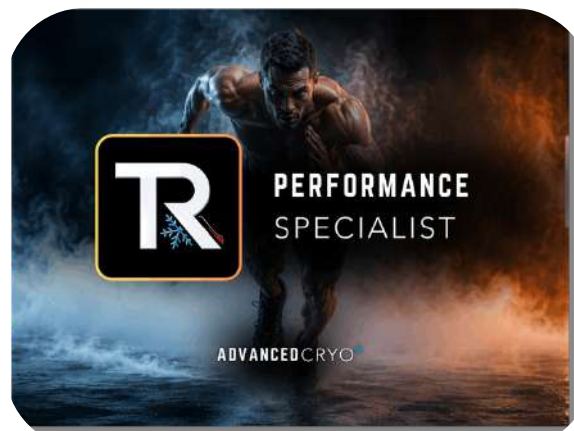
Best for: Individuals wanting a fast qualification, and businesses training entire teams.



Thermal Recovery Specialist *Complete & Comprehensive*

The full science of cold and heat therapy – specialist-level skills in recovery 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
operating a device and
practising with purpose.*

Thermal Recovery 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

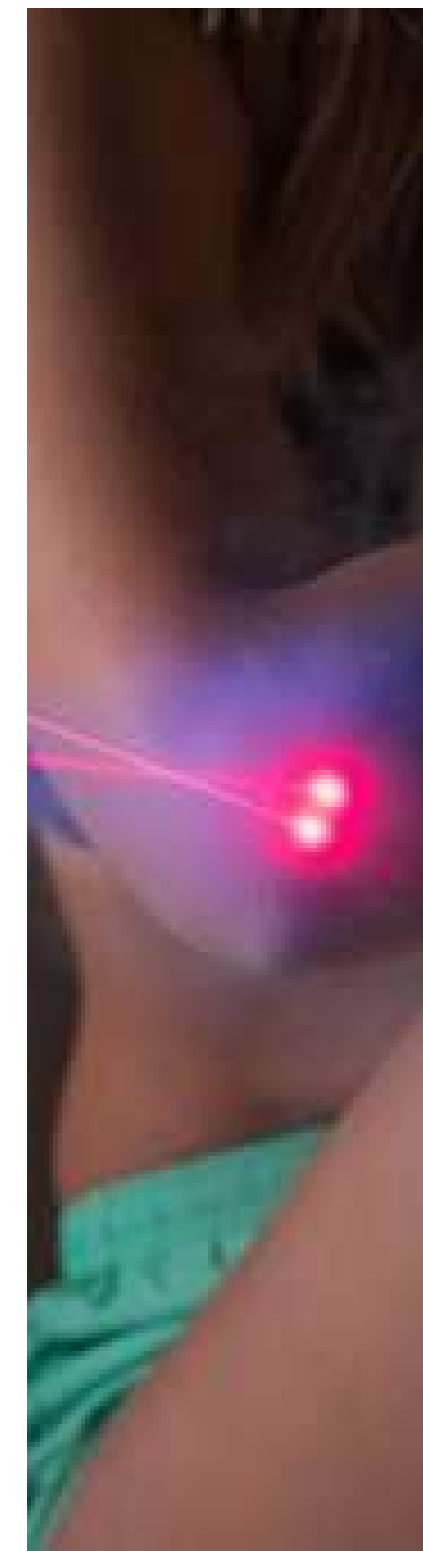
Evidence-based knowledge across every cold and heat modality – indications, safety and how to prescribe programmes tailored to individual goals.

Physiology & Injury Management

Deep understanding of injury management, 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.
- **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** – 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.





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 experts 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 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

DEVICE OPERATION COVERS THE BASICS. REAL OUTCOMES DEMAND CLINICAL EDUCATION

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GET QUALIFIED

The wellness industry isn't defined by the latest equipment or the loudest claims. It is defined by qualified practitioners who understand the science, know how to manage clients and deliver meaningful outcomes.

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



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