

# Cryotherapy Package

**Experience Rapid Pain Relief with Subzero Cryotherapy at Capitol Spine & Rehabilitation**

## About Us

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At **Capitol Spine & Rehabilitation** and **Disc Center of America – Baton Rouge**, we're excited to offer **Subzero Cryotherapy**, a cutting-edge therapy designed to help reduce pain, inflammation, and accelerate recovery. If you're dealing with chronic pain, recovering from an injury, or looking to enhance your overall wellness, Subzero Cryotherapy may be the solution you've been waiting for.



## What is Subzero Cryotherapy?

**Subzero Cryotherapy** uses targeted, pressurized CO<sub>2</sub> (carbon dioxide) at extremely low temperatures to provide rapid pain relief and promote healing. By applying the cold to specific areas of your body, we create a "thermal shock" that stimulates your body's natural healing processes. The treatment is fast, effective, and non-invasive, making it an excellent choice for a wide variety of conditions.

# Benefits of Subzero Cryotherapy:

## 1. Pain Relief:

Subzero Cryotherapy works by reducing inflammation and blocking pain signals, helping alleviate chronic pain conditions such as back pain, arthritis, sciatica, and more. Whether it's muscle soreness or joint pain, this therapy can provide immediate relief.

## 2. Reduces Inflammation:

The therapy targets inflammation in tissues and joints, speeding up recovery from injuries, surgery, or intense workouts. It helps to reduce swelling, making you feel better faster.

## 3. Promotes Faster Healing:

By increasing blood flow to the targeted area, Subzero Cryotherapy accelerates the healing of damaged tissues and muscles, reducing recovery time after an injury or surgery.

## 4. Boosts Energy and Mood:

Cryotherapy helps release endorphins, the body's natural painkillers, which can boost your mood, improve energy levels, and reduce stress.

## 5. Improves Skin Health:

Regular use of cryotherapy can promote a youthful appearance, reduce acne, and improve skin tone by stimulating collagen production and enhancing blood circulation.

## Conditions Treated with Subzero Cryotherapy:

- **Chronic Pain (Back, Neck, Joints)**
- **Arthritis and Joint Pain**
- **Muscle Strains and Sprains**
- **Sports Injuries**
- **Inflammation and Swelling**
- **Skin Conditions (Acne, Wrinkles)**
- **Post-Surgery Recovery**

## **What Our Patients Are Saying:**

*"I've been suffering from chronic back pain for years. After just a few sessions of Subzero Cryotherapy, I felt relief like never before. The pain and swelling decreased, and I was able to move more freely. It's truly been life-changing!" – Lisa M.*

*"I tried Subzero Cryotherapy after a tough workout, and the recovery was incredible. My muscles felt less sore and more relaxed, and I had more energy. I'll definitely keep using this therapy as part of my routine!" – Kevin*