



## Rehabilitation service

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In addition to the sports recovery massages given by INSEP's physiotherapists, the medical hub invested in 2009 in a whole body cryotherapy chamber with the option of three temperature levels (-10°, -60° and -110°C). The treatment helps athletes in three ways

- by facilitating more effective recuperation, enhanced performance and prevention of recurrent medical problems
- by treating muscle pain and inflammation of the musculoskeletal system
- by conducting research to fine-tune and assess protocols to prepare athletes for competitions.

The whole body cryotherapy chamber is also available to people outside INSEP who have been referred by a State-registered physiotherapist or nurse, after they have ensured the patients do not have any contraindications.