

**ACCOUNT OF THE USE OF THE CRYOTRON
DURING A SKI CHAMPIONSHIP IN VAL
D'ISERE**

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Actions of the CRYOTRON:

BACK:

On three different patients who experienced pain, a light functional impotence and important lumbar contractures.

Treatment: Physiotherapy, manipulation and punctual thermal shock with a sweeping of the neighbouring muscles.

Results:

1. Quick return of a sufficient mobility
2. Elimination of the pain
3. Suppling at the muscular level.

KNEE

- Rotulian Tendinopathy: reduction of the pain and the patients complained less frequently.
- Pain and sensations which hinder articular mobility after a shock or ligaments which have a history of lesions: the next day, the pain and a significant reduction of the inflammatory symptoms allowed a good mobility and a normal sporting activity.
- Haematoma: Resorption in three days and little functional discomfort, due to the antalgic effect of the cold.

HAND:

Results on a haematoma at the metacarpophalangeal level:

- Significant reduction of the oedema
- Disappearance of the painful sensation

This allowed a good and efficient prehension of the pole.

ANKLE:

On a serious sprain: after two sessions, the patient could put her boot on again and regain the necessary mobility to practise skiing.

On the morning of the race: extra session with the same goal and she participated in the race, against all expectations: 6th place at the Super Giant.

David **PRETOT**: Fall in Val d'Isère:

He benefited from six sessions a day on his knees and ankles for three days, and came back ready for the next race.

ELBOW: Epicondylitis

- Significant reduction of the pain
- Satisfactory mobility
- Lasting effect, as the benefits last for one month.