

# COLD ON COOLING DEVICE

## Core cooling device investigated

Honestly, you cannot fault companies and people for being innovative. But we can fault people and companies for leaps of logic and making claims that do not stand up to scientific scrutiny (see [MAGIC WATER](#) for more on this topic). Though it is not a requirement, having your muscles warm prior to high-intensity exercise can be advantageous. But nothing taken to an extreme is a good thing, and so it is with your body temperature. If your body temperature rises too much, it can negatively impact your high-intensity performance, delay recovery, cause cardiovascular strain, and raise stress hormone levels. So it would stand to reason that if you could cool your body temperature while you train or compete, you might be able to enhance your performance. And indeed, that is precisely what the CoreControl Rapid Exchange (RTX) palm-cooling device claims to be able to accomplish. Question is, if you put the device through the rigors of unbiased scientific investigation, what claims are supported by such research? Researchers from the Air Force Research Laboratory in Brooks City-Base, Texas, wanted to know, and we share their findings with you.

**Power Key:** body temperature, cooling device, sports performance



HAND COOLING IS PURPORTED TO DECREASE YOUR BODY TEMPERATURE SO THAT YOU CAN LOOK FORWARD TO ENHANCED SPORTS PERFORMANCE. WHAT DOES RESEARCH SAY ABOUT THAT?  
PHOTO: [AVACORE TECHNOLOGIES, INC.](#)

### Original Research

Walker, T., et al. Is performance of intermittent intensive exercise enhanced by use of a commercial palm cooling device? *Journal of Strength and Conditioning Research* 23:2666-2672, 2009.