

# CRYO FOR RECOVERY

The effects of multiple cold-water immersions on muscle damage



**Original Research**  
 Goodall, S., and G. Howatson. The effects of multiple cold-water immersions on indices of muscle damage. *Journal of Sports Science and Medicine* 7:235-241, 2008.

WHEN YOU PUSH YOUR BODY TO THE LIMIT, NEXT-DAY MUSCLE SORENESS IS OFTEN TO BE EXPECTED. CAN COLD-WATER IMMERSION AMELIORATE YOUR SORENESS?

Any time you do something new in your training, it is usually inevitable that you will get sore. In fact, you have probably experienced next-day soreness that was so extreme that it hurt just to lightly touch the area. This type of soreness can be debilitating and can keep you from training as hard as you would like. Sometimes, the soreness can be so bad that you end up having to sit out a few sessions...not something that you planned on when you first did the training that made you sore. With your busy training and competition schedule, sometimes you do not have time to be sore. Thus, it would be nice if there was something you could do to minimize the soreness you incur from hard training. Enter cold-water therapy, known as cryotherapy—or maybe not.

**Power Key:** cold-water immersion, cryotherapy, soreness, pain, muscle damage