

POLISH ACADEMY OF SCIENCES
MEDICAL SCIENCES DIVISION
REHABILITATION, PHYSICAL CULTURE AND SOCIAL INTEGRATION COMMITTEE

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**OPINION OF THE REHABILITATION, PHYSICAL CULTURE AND SOCIAL
INTEGRATION COMMITTEE OF THE POLISH ACADEMY OF SCIENCE REGARDING
DEVICES AND SAFETY OF PROCEDURES APPLIED IN SYSTEMIC CRYOTHERAPY.**

The Rehabilitation, Physical Culture and Social Integration Committee of the Polish Academy of Sciences, based on scientific research and expert opinions, acknowledges that according to the current knowledge, devices for systemic cryotherapy – cryogenic chambers are devices with a possibility of adjusting and maintaining temperatures of -100 to -150 degrees Celsius inside the chambers, providing the possibility of breathing atmospheric air and visual observation of the people inside the chamber by the staff. Moreover, these devices should be equipped with sensors measuring the oxygen level in the air inside the chamber, an alarm system and an emergency exit, which ensure correct performance of the treatment in terms of effects on the human body and maintenance of safety.

Systemic cryotherapy is the subject of numerous scientific studies, which is reflected by the growing number of publications in renowned Polish and international scientific journals. Nonetheless, the Committee emphasizes the need to conduct further research of the utmost quality, observing all the principles of scientific experiments, for reliable confirmation of this method's usefulness in rehabilitation.

Cryotherapy devices should be registered in the Office for Registration of Medicinal Goods, Medical Products and Biocidal Products, and should meet the norms, standards and recommendations specified by credible scientific associations and certifying bodies.

Cryotherapy is a physical therapy method used commonly in Poland in rehabilitation, sports medicine, wellness and cosmetology. Publications and scientific studies concerning this method, carried out by scientific and research centres and medical facilities, should outline its development directions, enabling further parameterization of performing the treatments and standardization of the cryotherapy devices, ensuring safety of their use.

Chairman of the Rehabilitation, Physical Culture
and Social Integration Committee of the Polish
Academy of Sciences
Prof. Krzysztof Klukowski, PhD