**WAIVER OF LIABILITY AND MEDICAL RELEASE AND INDEMNIFICATION AGREEMENT**

**FACTS, CONTRAINDICATIONS, RISKS, AND BEHAVIOR**

**Fact Sheet - Whole Body Cryotherapy (WBC)**

The word ”Cryotherapy” stems from the Greek words: “cryo” or cold, and ”therapeia” or cure. Hence, whole body cryotherapy (WBC) is being studied as a curative and overall beneficial treatment involving skin exposure to extremely low temperatures (below -130oC/ below -266oF). Since the cooling process affects no more than 5% of the body (i.e. the parts that safely endure the variations of temperature), the treatment generally is comfortably endured.

These temperatures have potential medicinal and aesthetic benefits.

**Endocrine System:**

The extreme cold exposure is believed to cause the body to increase its metabolic rate in order to produce heat. This effect lasts for 5-8 hours after the procedure, causing the body to ‘burn’ 500 – 800 calories. After several procedures, the increase in metabolic rate tends to last longer between treatments. Another ‘survival reaction’ to the extreme temperatures is the release of endorphins (hormones) that have analgesic and anti-inflammatory properties, and improve mood disorders. WBC has been studied for the successful treatment of medication resistant depressive disorders.

**Skin:**

The outer skin is briefly frozen, which is believed to increase production of collagen in deeper layers of the skin, keeping skin looking young and vibrant. Skin vessels and capillaries undergo vasoconstriction (to prevent core temperature from dropping), followed by vasodilation after the procedure. Toxins and other stored deposits are flushed out of deeper layers of the skin and blood is improved after several treatments.

**Musculoskeletal System:**

The anti-inflammatory and analgesic properties of WBC can improve symptoms of rheumatoid arthritis and osteoarthritis. Athletes utilize WBC to speed recovery injury or exercise-induced muscle damage and to optimize key components of performance.

**PLEASE READ CAREFULLY BEFORE SIGNING**

This is a release of liability and a waiver of certain legal rights. Participation in a Cryotherapy session involves exposure to extreme cold temperature for a short period of time (not to exceed three (3) minutes per session).

Below is a list of absolute 'Contraindications' which will preclude you from participation. In addition, PLEASE BE AWARE, that if you experience any pain or mental or physical discomfort at any time during the process, you are advised to terminate the session immediately upon your own volition. You will be observed by a technician the entire time while in the chamber, but should advise the technician IMMEDIATELY if you feel any discomfort.

**ABSOLUTE CONTRAINDICATIONS**: (Participation in cold therapy session not allowed)

* Untreated Hypertension (systolic blood pressure above 160)
* Heart attack within the previous 6 months
* Decompensating diseases (edema) of the cardiovascular and respiratory system; congestive heart failure, COPD, chronic liver disease
* Unstable Angina Pectoris
* Pacemaker
* Peripheral Arterial Occlusive Disease
* Deep Vein Thrombosis (DVT) or known circulatory dysfunction
* Acute febrile respiratory (Flu like respiratory conditions)
* Acute kidney and urinary tract diseases
* Severe Anemia
* Cold Allergenic Phenomenon (known allergy to cold contactants)
* Heavy consumerist diseases (abnormal bleeding)
* Seizure disorders
* Bacterial and viral infections of the skin, wound healing disorders (open sores or discharging wound/skin conditions)
* Alcohol and drug related contraindications
* Valvular heart disease
* Conditions after heart surgery
* Ischemic heart disease
* Raynaud's disease
* Polyneuropathies
* Pregnancy
* Vasculitis
* Hyperhidrosis - heavy perspiration
* Diabetes

This list may not be all inclusive, so if you have any particular health problem which you believe would preclude you from participating please check with your physician before participating.

**About The Treatment:**

* You should only wear your undergarments. Men (underwear). Women (underwear and bra)
* We will provide you with a robe, socks, cotton gloves, a towel and the appropriate footwear.
* Please ensure that you are completely dry. You are about to be exposed to extremely cold temperatures and therefore you cannot have any water on your body. This includes perspiration.
* Watches, jewelry and piercing(s) must be removed before entering the cryo sauna.

**Behavior during the Treatment:**

* Treatments are limited to 3 minutes per session.
* During the treatment, you must avoid inhaling the nitrogen fumes. While non-toxic, the fumes are devoid of oxygen and may cause fainting. Avoiding the fumes can be simply accomplished by keeping your head above the chamber.
* During treatment, you must keep your hands visible to the operator at the upper rim of the chamber as instructed.
* You may end the procedure at any time if you experience any problems or anxiety.
* A person who is less than (18) years of age may not use whole body cryotherapy without parental consent;

**Risks of Cryotherapy:**

Fluctuations in blood pressure (due to peripheral vasoconstriction, blood pressure may briefly increase by up to 10 points systolically during treatment. This effect should reverse after the end of the procedure, as peripheral circulation returns to normal), allergic reaction to extreme cold (rare), claustrophobia, anxiety, activation of some viral conditions (cold sores) etc. due to stimulation of the immune system.

In consideration for being permitted by Sports Recovery Lab of Haddonfield to participate in a Cryotherapy activity, I hereby waive any and all claims and damages for personal injury or death which may occur as a result of my participation. I understand and agree that:

1. This release is intended to discharge in advance Sports Recovery Lab in Haddonfield, its officers, employees and agents from and against all liability arising out of or connected in any way with my participation in these activities;
2. I hereby confirm that no warranty or guarantee, or other assurance, has been made to me
3. covering the results of the cryo process, and I hereby release, indemnify and hold harmless Sports Recovery Lab of Haddonfield, its officers, employees and agents, from all liabilities for injury or damage that may occur to me. I fully understand the administration of the process, including possible adverse reactions, side effects, or other possible complications. It is understood that this CONSENT is being given in advance of any administration of the process, and is being given by me voluntarily to use the equipment.
4. Participation may involve risk of serious injury, illness, disability or death and may result not only as a result of my actions, negligence or inaction, but also from the action, negligence or inaction of others, including their owners, officers, employees or agents, may result from the conditions of the facilities or areas where such activities are being conducted;
5. Knowing the risks involved and the contraindications related, I nevertheless chose voluntarily to request permission to participate;
6. I will indemnify and hold harmless Sports Recovery Lab of Haddonfield, its owners, employees and agents from any loss, liability, damage, cost or expense, including litigation of any form, arising out of or connected in any manner with my participation in such activities;
7. I am in good health and have no physical condition expressed in the 'Contraindications' or otherwise which would preclude me from safely participating in such activities; I have been advised that if I suffer from any medical condition or illness whatsoever, I am NOT TO USE the equipment without my doctor’s written permission.
8. I understand and agree that this release is intended to be as broad and inclusive as permitted under New Jersey law and that if any portion of this Liability, Medical Release and Indemnification Agreement should be determined to be invalid, it is my intent that the remaining provisions shall continue in full force and effect.