PUBLICATIONS

SHORT OVERVIEW

2024 – The ultimate compression guide: How to effectively use compression garments in sports and health. E-book for RVE Compression

- Key criteria for effective compression wear include an optimal declining pressure gradient to enhance circulation, meticulous design and fit tailored to user anatomy, high-elasticity fabrics to increase arterial shear stress, and comfortable 4-way stretch construction for prolonged use.

2023 - Whole-body Heat Therapy for Health and Rehabilitation: What are the Treatment Protocols and Core Temperature Changes Related to Positive Health Outcomes? White paper for HealthMate EU

- **Conclusion**: In contrast to the clinical and sedentary counterparts, greater increases in core temperature (i.e., > 1°C) seem required to provide positive physiological outcomes in active groups, with higher levels of heat strain (1.5 to 2.0°C) shown to improve muscle mass and strength.

2021 - The Physiological Profile Following Two Popular Cold Interventions After Activity in Hot and Humid Environment - American Journal of Men's Health

- **Conclusion:** Compared with CON, both **CWI and PBC could promote the recovery of physiological indexes** within 20 min of exercise in a hot and humid environment. However, PBC can lead to a decrease in SaO2 due to excessive nitrogen inhalation.

2019 - Cold water immersion settings for reducing muscle tissue temperature: a linear dose-response relationship - The Journal of Sports Medicine and physical fitness.

- **Conclusion:** CWI can **decrease muscle tissue temperature significantly if a minimum CWI dose of 1.1 is applied**, corresponding with an immersion of 11 minutes with a water temperature of 10 °C.

2017 - Impact of personal characteristics on whole-body cryo-stimulation settings: A numerical simulation study using the PFC model - Publication for 'The 14th Cryogenics 2017 IIR International Conference, Dresden, Germany.

- **Conclusion: Body fat content and the fat-free mass index** were found to significantly affect the personal skin temperature response and would thus also

affect the protocol settings regarding both WBC safety-related and cooling efficacy-related issues.

2017 - A customised cold-water immersion protocol favours one-size-fits-all protocols in improving acute performance recovery - European Journal of Sport Science.

- **Conclusion: To optimise the effects of CWI**, contributions of the protocol **duration and water temperature should be considered to guarantee an optimal customised dose**.