

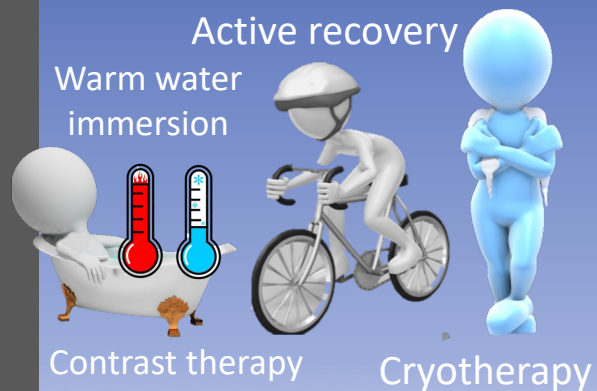
ARE ICE BATHS BETTER THAN OTHER RECOVERY MODALITIES?

Effects of Cold-Water Immersion Compared with Other Recovery Modalities on Athletic Performance Following Acute Strenuous Exercise in Physically Active Participants: A Systematic Review, Meta-Analysis, and Meta-Regression
Moore et al. 2023, Sports Med

Cold Water Immersion



Other modalities



Strength

No statistical difference

Up to 72h

✗ Power

Worsened

1h after

VS.

Cryotherapy

No statistical difference

Up to 72h

Improved

48h after

VS.

Active recovery

Contrast therapy

Flexibility

DOMS ✓