

INJURED? IN PAIN?

USE THE COLD PLUNGE POOL & THE BEMER!

Did you start your day in pain? If so listen up! The duo you need right now is cold therapy and PEMF therapy to reduce pain and accelerate recovery. These two tools are widely used for healing on their own, but work to accelerate the healing mechanisms of one another allowing their ability to decrease pain, inflammation and swelling to be amplified.

Cold therapy is defined as the intentional exposure to nearly freezing temperatures and is an option included in every UAC membership with our cold plunge pool. During your plunge, blood vessels constrict and blood flow is restricted to your muscles which decreases inflammation and swelling. Nerve signals to these areas also slows down which further reduces pain. After you emerge from cold, the blood vessels will dilate and circulation will be increased.

Next up, a Bemer PEMF session! PEMF stands for a pulsed electromagnetic field which is emitted through coils to safely and naturally stimulate circulation for the purpose of healing and reducing pain. Bemer PEMF therapy is an option for UAC members and non members in The Renewal Center. The increase in circulation from Bemer allows nutrients to access the muscle tissue even further because of the vasodilation occurring post plunge.

This is a powerful recovery duo that can and should be used everyday, made possible when you purchase an unlimited Bemer membership in The Renewal Center.



COLD PLUNGE



BEMER



Located inside
Universal Athletic Club
2323 Oregon Pike · 717-569-4754
www.UniversalAthleticClub.com

[Click here to schedule your complimentary Bemer session, but be sure to plunge first!](#)