



PERFORMANCE

CryoTherm Palm

Maximize Performance
Increase Strength
Reduce Fatigue
Train Harder

Help athletes push harder for longer with CryoTherm™ Palm – which uses science-backed, dual-sided palm cooling to lower core body temperature and delay fatigue between high-intensity efforts.

Powered by scientifically-calibrated Cryothermal technology, the device reaches and maintains therapeutic range in seconds, no freezing, water or setup required. In a USC study on resistance training, the tech helped athletes perform 28% more total work volume and 58% more reps, with the greatest gains in the final set when fatigue was highest.¹

Designed for palm cooling in elite training environments, the ergonomic, anti-roll form also doubles as a 3-in-1 recovery tool. Hold it like a dumbbell and apply directly: use cold to reduce swelling and discomfort, heat to promote circulation and ease soreness or contrast therapy to support circulation and accelerate recovery.

Backed by scientific research and trusted by professional sports organizations, CryoTherm Palm improves performance and recovery when it matters most.

Key features

3-in-1 cooling, heat and contrast therapy work for both palms and full-body application

3 buttons (Cold, Heat & Stopwatch)

6 scientifically-calibrated temperature levels (3 Heat, 3 Cold)

LCD display with built-in stopwatch, battery and temperature status indicators

Portable, durable and anti-roll for elite athletic environments

30-minute auto-shutoff and Travel Lock to prevent accidental activation

Recalls last-used settings for a quick start



FDA-Registered

¹Results based on a controlled study with 21 NCAA D1 athletes in specific training conditions. Outcomes in trained athletes may differ from your experience. Full study details at therabody.com/science.

\$399.99
USD