

# Aquilo Sports Reports Growing Adoption of Cryo-Compression Technology Among Athletes at All Levels

*Professional-grade recovery technology goes portable, bringing cryo-compression benefits to athletes beyond elite sports medicine clinics.*

LOUISVILLE, KY, UNITED STATES,  
December 30, 2025 /

EINPresswire.com/ -- [Aquilo Sports](#) today announced that its portable cryo-compression recovery systems are seeing increased adoption across athletic communities, as recovery technology previously limited to professional sports facilities becomes accessible to everyday athletes.



Leg Wrap

The trend reflects a broader shift in the athletic recovery market, where advanced cold therapy and compression technology are moving beyond elite sports medicine clinics into home and personal use settings.

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New cryo-compression technology actively accelerates the natural recovery processes of the body by removing metabolic waste and reducing inflammation at their sources.”

*Skylar Richards*

“The combination of active compression and targeted cold therapy is a game-changer,” said Skylar Richards, Director of Performance Health and Wellness at Aquilo Sports. “We’re not simply addressing symptoms of swelling and pain anymore. New cryo-compression technology actively accelerates the natural recovery processes of the body by removing metabolic waste and reducing inflammation at their sources. That means athletes are returning to optimal performance faster and with greater frequency, which is the ultimate goal of recovery.”

According to the company, modern cryo-compression systems combine two key elements of the

traditional R.I.C.E. (Rest, Ice, Compression, and Elevation) protocol—cold therapy and compression—in battery-powered, portable units. These devices use dynamic, pulsing pressure, combined with targeted cold application, to help reduce inflammation and promote circulation.

Recent models feature body-specific [wraps](#) designed for areas such as knees, shoulders, and back, along with customizable temperature controls and massage patterns. This allows users to personalize their recovery protocols based on individual needs and training demands.

[Medical research](#) has documented various potential benefits of cryotherapy, including support for muscular recovery, according to Medical News Today. Researchers have studied the role of cold therapy in pain management and sports injury recovery.

The portability of current-generation devices represents a significant change from earlier equipment that required facility-based use. Athletes can now initiate recovery protocols immediately following training or competition, whether traveling with a team or at home.

#### About Aquilo Sports

Aquilo Sports is a global leader in advanced athletic recovery technology, dedicated to helping athletes of all levels reach their full potential through innovative cryo-compression therapy solutions. With offices and warehouses strategically located across the



Ankle/ Shoulder Wrap



Compression Therapy Control Units

United States, Europe, and Asia, Aquilo products are trusted by professional athletes and fitness enthusiasts in over 30 countries worldwide.

The company's flagship products combine cutting-edge cold therapy and dynamic compression technology into portable, user-friendly systems that deliver professional-grade recovery previously only available in elite sports medicine facilities. Aquilo's patent-protected designs and medical-grade certified components ensure the highest standards of safety, comfort, and performance.

From soccer stars like Christian Benteke and Harry Kane to Olympic sprinters like Marvin Bracy and tennis professionals like Madison Keys, world-class athletes trust Aquilo's clinically proven technology to accelerate recovery, reduce inflammation, and minimize muscle damage after intense training and competition. Research demonstrates that athletes using Aquilo systems experience a 40% decrease in creatine kinase levels 48 hours post-workout, indicating significantly reduced muscle damage and faster recovery times.

With a commitment to making professional-level recovery accessible to everyone, Aquilo Sports continues to revolutionize how athletes train, compete, and recover—enabling them to return to peak performance faster and more effectively than ever before.

Aquilo Sports

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