

## **TruCryo Ltd Press Release – Sept 2026 For immediate release**

### **CO2 or Nitrogen? Understanding the Difference Behind Cryotherapy Systems**

**Cryotherapy systems are often compared by temperature, treatment claims or purchase price. One of the more practical differences can be much simpler: what actually provides the cold?**

Two common options are carbon dioxide and nitrogen, and they create quite different considerations for the user. Liquid nitrogen is extremely cold and has a long history in medical, laboratory and industrial applications. It is also a true cryogenic liquid. It must be stored in suitable insulated vessels and will progressively boil away, even when it is not being used. That makes storage, ventilation, handling and replenishment important operational considerations.

CO2-based systems work differently. Carbon dioxide can be supplied in sealed pressurised cylinders, making it comparatively straightforward to store and transport using established gas-cylinder handling procedures. There is no open cryogenic vessel continually boiling off its contents, although ventilation remains important because released CO2 can displace oxygen in an enclosed space.

For a clinic, sports facility or mobile practitioner, those differences may matter as much as the headline operating temperature.

TruCryo chose liquid CO2 for its Kaasen targeted cryotherapy platform. The gas provides the low temperature and pressure required by the system while allowing the equipment itself to remain compact and portable. The Kaasen also incorporates temperature monitoring, treatment timing and proximity-related safety features intended to help trained users deliver treatment within the defined protocol.

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That does not make nitrogen inherently wrong or CO2 automatically right. Different technologies are built around different treatment methods, and any buyer should examine the complete system rather than one specification in isolation.

The sensible questions are practical ones. How will the coolant be delivered? Where will it be stored? What happens to unused product? What ventilation is required? How easily can replacement supplies be obtained? And what training does the operator receive?

For professional cryotherapy, the cold is only part of the story. How that cold is produced, handled and controlled deserves just as much attention.

**Ends:** 328 words

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**About TruCryo:** TruCryo is a Shropshire-based developer and supplier of localised cryotherapy equipment for physiotherapy, sports treatment and equine applications. Using a controlled stream of cold CO<sub>2</sub>, TruCryo systems provide practitioners with a targeted method of applying cold therapy to specific areas. TruCryo combines professional equipment with training, treatment guidance and ongoing technical support, helping practitioners integrate localised cryotherapy safely and practically into their existing services.