

**M.D. Marzena Pełczyńska, Ph.D.**  
**Karkonosze College in Jelenia Góra, Poland**



I am senior lecturer at Karkonosze State Higher School in Jelenia Góra.

My teaching experience concerns mainly rehabilitation in different diseases, because I am medical doctor, specialist in rehabilitation medicine. In my medical practice I have a lot of experience in using Whole Body Cryotherapy. So I have given lectures about this rehabilitation method during my Erasmus program. I taught within Erasmus in Portugal, Castelo Branco (2013), in Sparta, Greece (2014) and twice in the Czech Republic – in Brno (2011) and in Liberec (2012).

**ITW topic**

**WHOLE BODY CRYOTHERAPY IN REHABILITATION AND SPORT MEDICINE**

This topic concerns physiological and medical effects of low temperatures on human body. From this point of view the lecture will be focused on practical medical applications in rehabilitation and sport medicine.