

## Usain books in for big freeze and will use ice chamber to prevent back injuries

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**Running out of time: Bolt is in a race to recover from a back injury before the Games next month**

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Usain Bolt is considering using an ice chamber in London to guarantee his fitness for this month's Olympics amid fears a back injury has derailed his preparations.

The world's fastest man has flown to Germany especially to see Dr Hans-Wilhelm Muller-Wohlfahrt and has pulled out of his final warm-up race before the Games as he strives to get his body right for the huge challenge of defending his 100 and 200 metre titles from training partner Yohan Blake.

And Sportsmail has learned that Bolt's camp are in discussions with a British company over the cryotherapy treatment, which aids athletes' recovery by encasing them in liquid nitrogen at temperatures of minus 140C°.

The 25-year-old is said to be keen on stepping into Britain's only mobile ice chamber, which the Welsh rugby team used this year as they won the Six Nations.

Those using it strip to their underwear and let the cold air chill their body for up to three minutes, during which time the skin temperature drops significantly but the core stays the same.

This boosts muscle recovery after exhausting training sessions and triggers the release of endorphins which help pain relief.

Bolt, whose aura of invincibility was punctured by two defeats to 100m world champion Blake at the Jamaican trials last week, could use it right away to help him recover from the injury which forced him out of the Diamond League meeting in Monaco on July 20.

He could alternatively decide to wait until he travels to London for the Games and use it between the rounds of his three events - the 100m, 200m and 4x100m.