

# NORMATEC COMPRESSION



DYNAMIC AIR COMPRESSION

## Normatec Pulse 2.0

What was once exclusive to the world's elite athletes is now available to all. The patented Pulse massage technology uses biomimicry to provide powerful and effective compression therapy

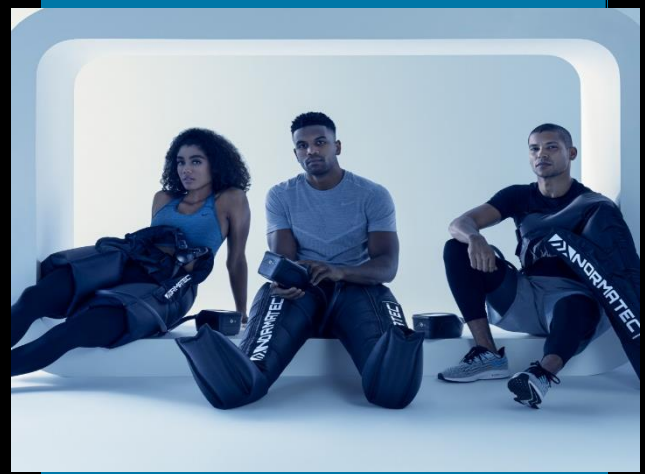


**NORMATEC IS:**  
-The leader in compression therapy, utilized to help patients reduce muscle pain & swelling.

-Dynamic compression is for patients who are active, who have a physical demanding lifestyle, are on their feet all day, experience sore muscles etc. to increase blood flow and circulation to the body.

-Normatec compression therapy is a powerful compliment to physical therapy, providing a way to customized way to increase circulation and blood flow to the limbs and promote healing.

Mav Carter says LeBron James spends ~\$1,500,000 per year on his body. He uses cryotherapy, hyperbaric chambers, NormaTec leg boots, etc. He also has personal chefs, trainers, etc. He has a strict routine and diet. He invested in his body, so he can still dominate at 33 years old.

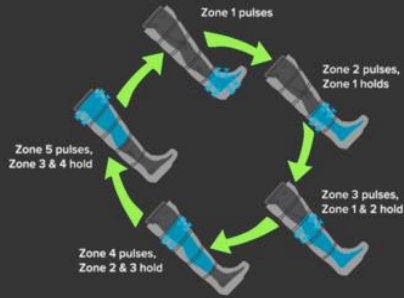


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# Who Benefits & how does it work?

## THE NORMATEC PULSE MASSAGE PATTERN



Created by a physician bioengineer (MD, PhD) to enhance blood flow and speed recovery, Normatec Pulse Massage Pattern employs three key techniques to maximize your recovery:

**PULSING:** Instead of using static compression (squeezing) to transport fluid out of the limbs, Sequential Pulse Technology uses dynamic compression (pulsing). Our patented pulsing action more effectively mimics the muscle pump of the legs and arms, greatly enhancing the movement of fluid and metabolites out of the limbs after an intense workout.

**GRADIENTS:** Veins and lymphatic vessels have one-way valves that prevent fluid backflow. Similarly, Normatec Pulse Technology uses hold pressures to keep fluids from being forced the wrong direction. Because of this enhancement, instead of tapering pressure off, the PULSE and PULSE PRO can deliver maximum pressure in every zone.

**DISTAL RELEASE:** Because extended static pressure can be detrimental to the body's normal circulatory flow, Sequential Pulse Technology releases the hold pressures once they are no longer needed to prevent backflow. By releasing the hold pressure in each zone as soon as possible, each portion of the limb gains maximal rest time without a significant pause between compression cycles.

The Normatec Pulse Massage Pattern starts in the foot, hand, or lower hip and moves upwards zone-by-zone massaging the limb and mobilizing fluid out of the extremities.

Normatec works in 3 simple steps to get you recovering fast.



### PULSE

Unlike the static compression of squeezing, Sequential Pulse Technology (SPT) uses a patented pulsating motion, also known as dynamic compression. The pulsing imitates the natural muscle movement in the arms and legs, expediting the release of fluid and metabolites from the limbs after intense exercise or training.



### PRESSURE

SPT uses gradient hold pressures to keep fluids flowing in the right direction, similar to the one-way valves in veins and lymphatic vessels to prevent fluid backflow. The gradient technology delivers optimal pressure in every zone for maximum recovery results.

## Technology

"Normatec's cutting-edge technology was a lifesaver for the Flyers this season. It's very rare in my profession that any training or recovery modality is so readily incorporated by everyone on the team. The Normatec achieved that extraordinary distinction because it just works that well."

**Jim McCrossin**, Athletic Trainer/Strength and Conditioning Coach, Philadelphia Flyers

## Recovery

"Whether the athlete is healthy or injured, the customizable compression the Normatec provides is vital to achieving optimal results in recovery from training or decreasing post injury inflammation."

**Jason Biles**, MPT, ATC, CSCS, PES, CES, Director of Performance Rehabilitation, Houston Rockets

## Performance

"...the Normatec...quickly became a part of my daily routine with our players for both immediate injury management and post-operative care, and I am more than pleased with the results"

**Ed Lacerte**, Head Athletic Trainer/Physical Therapist, Boston Celtics

## Who benefits?

-Any athlete who uses their legs such as Runners, Swimmers, Cyclists, Triathletes, Weightlifters, CrossFitters, Muellers, Walkers, Football, Basketball, Baseball, Soccer, Volleyball, Hockey, LAX players and much more

-Anyone who works on their feet all day. Gravity causes poor circulation in your legs when you are standing all day. Anyone who battles poor circulation would benefit such as Diabetes, Varicose, Peripheral Artery Disease and just about any circulation disease.

-Anyone who enjoys a relaxing massage! The Normatec compression therapy feels like a gentle myofascial massage—which I recognize is a contradiction in terms! Just envision sitting back and relaxing with a post-workout beverage.

