



Commercial Recovery Room



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Recovery Rooms

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Recovery Rooms Powered by Hyperice are the new standard of excellence. Sports Physio & Performance are our partner & official distributor in Ireland, helping bring Hyperice technology to professional & amateur clubs, sports medicine & fitness facilities and individual athletes of all types.

They have a great understanding of the technology & how Hyperice can benefit athletes in their training, recovery & performance in their sport. Matt & the team have helped design, set up & support numerous Recovery Rooms across the country & we work closely with them to support these developments.

Dan Canina

Director of Global Performance - Hyperice



- **8 years experience setting up Recovery Rooms**
- **Layout Support—Design & Planning**
- **Free Consultation**
- **Finance & Leasing Support**
- **Recovery Room partners— Cryo Spas & Hot Tubs**
- **Revenue Generation support**



Elite Sports Recovery

"We have developed a great relationship with Matt and his team in Sports Physio & Performance. Their support is evident in our recovery room in Cork. They provide the best sports supplies in all of Ireland. Quality is the best business plan and it is bringing our new business great results."

T.J. Brosnan

Commercial Recovery Rooms



Infinity Recovery - Maynooth



Sports Surgery Clinic - Santry



Prosports Recovery - Carrick-on-Shannon



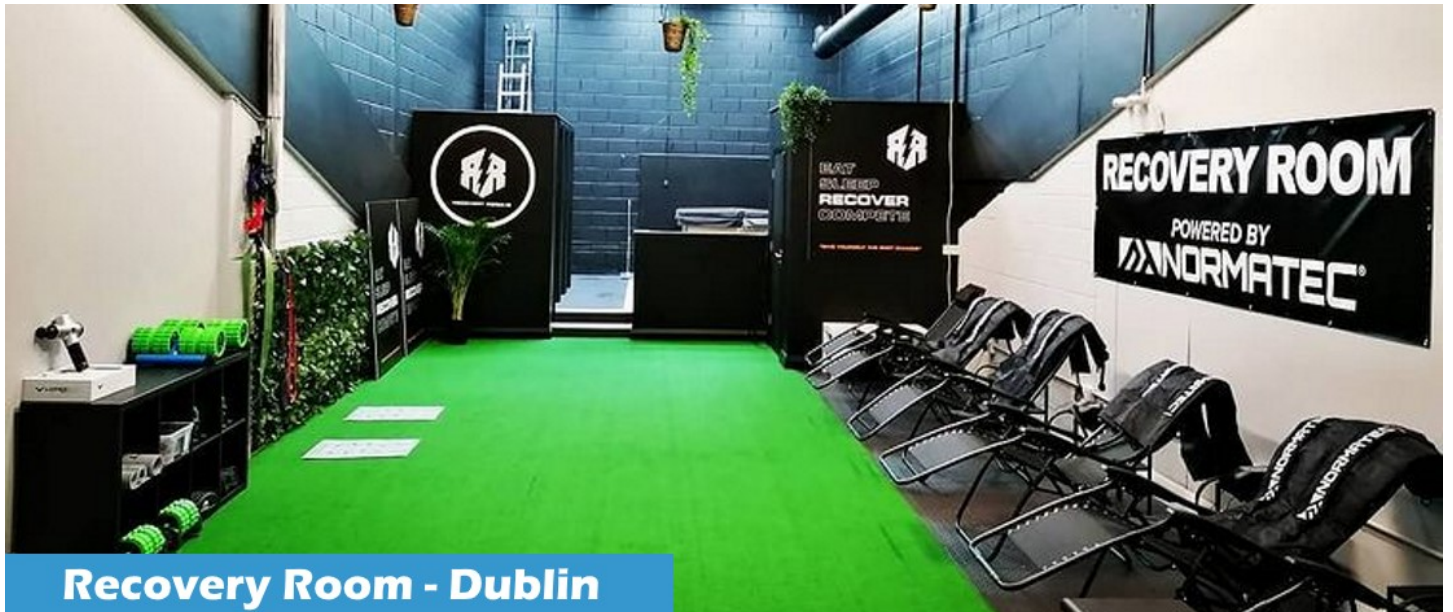
Commercial Recovery Rooms



The Recovery Hub - Thurles



South East Sports Recovery



Recovery Room - Dublin



Recovery Suite - Tralee

Recovery Room Set up Support

Layout Design & Planning

There are many options to consider when designing your Recovery Room. We can offer you lots of Support on this.

- Space available is obviously a key feature and we can help you optimise this space with a mix of Normatec Recovery Boots and Hyperice Percussion devices.
- Similarly your plans for working with teams or individuals will impact the layout. The flow of the room to efficiently handle a group and the number of stations you will need are all factors.
- Having supported lots of Recovery rooms being set up over the past number of years and interaction with those rooms as to what works best and what doesn't, we are able to help and support you with this knowledge.
- We don't charge for it so doesn't cost anything to ask. **Email matt@sportsphysio.ie or call on 086-6088213 and we can arrange a call / visit to support you with Layout design.**

Finance & Leasing

We offer competitive rental and flexible leasing options through our finance partner – **SME Finance & Leasing** and also from **Humm Finance**.

No deposit required.

Purchase Leasing offers an easy and affordable option, after the 12 - 36 fixed monthly payments, you will own the equipment and have the peace of mind that it has been maintained to the highest standards to ensure you enjoy many years of service from your investment.

The Benefits of Leasing

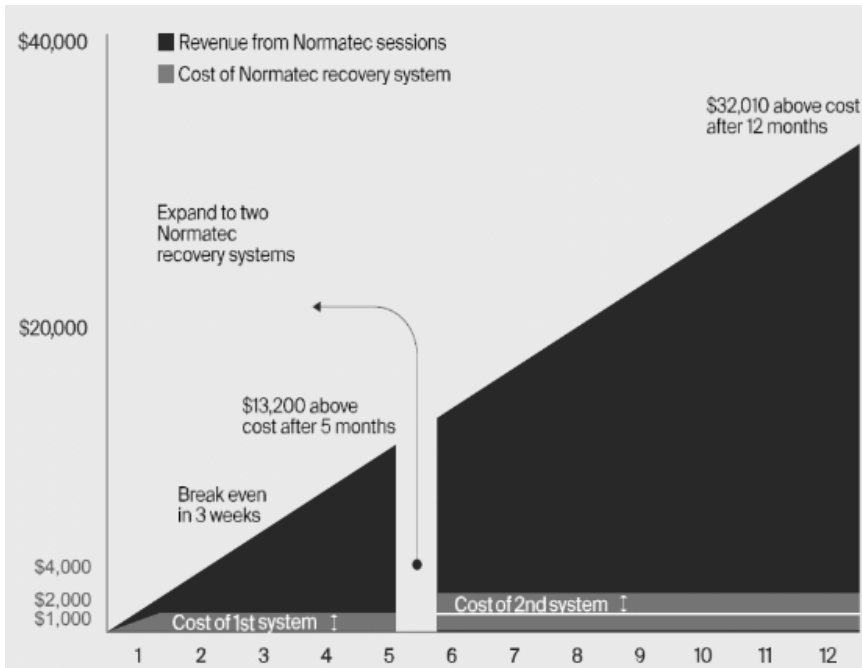
- Working capital is not tied up in depreciating assets.
- Cash and credit lines are reserved for other uses.
- Payments are fixed which means you can budget effectively.
- We can match your repayments to the life of the asset, thereby easing cash-flow.
- You can purchase equipment now to help grow your business, therefor making it pay for itself.

Additional Recovery Room Equipment

- Many rooms include a Cryo Spa and Hot Tub etc.
- We don't not provide this equipment directly but can support you with recommended partners who offer excellent solutions and who we have worked with on many projects.



Benefits to your business



Typical Rates and ROI

Set rates and create options

Recovery Lounge All-Access membership upgrade for €30-€100 a month for unlimited use of the space (of ten after a free month to get clients familiar with and using the products).

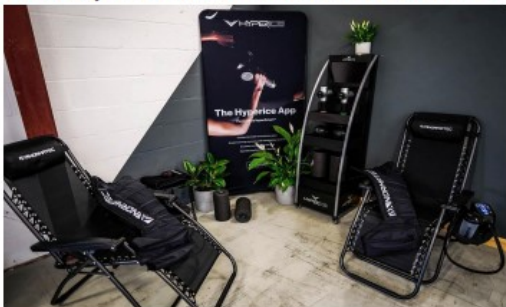
A la carte pricing options:

- €1 per minute
- €20-€25 for 30 minutes
- €150 for a 10-pack of 30 minute sessions

Normatec revenue example

The example revenue to the left assumes five Normatec sessions per day with an average cost of €20 per session over one year.

Recovery Room Return on Investment Calculator



Sessions per week

Fee per session

Projected Revenue Per Week €

Cost of Investment

Projected Number of weeks for investment pay off

Enter Total Cost Here

Projected Additional Revenue Per Month

Projected Additional Revenue Per Year

Revenue Generation/Grow Your Business

⇒ Try our Recovery Room Return on Investment Calculator.

Please email us for a copy of our calculator.



Backed by Research

Trusted by Professionals

Why Hyperice?



- **Safe Compression & Percussion Devices.**
- **Rigorously Tested and Verified.**
- **Backed by Research Studies.**
- **97% of US Professional Teams use Normatec**
- **Trusted by Athletes worldwide**

Research & Science - Hyperice is backed by a huge body of research and studies. This is hugely important as its evidence based technology and especially when looking at a commercial or team Recovery room to have this Research back up. Majority of the other brands do not have any research or studies. We felt this was hugely important when choosing to partner with Hyperice & Normatec as majority of our customers are evidence based practitioners. See next 2 pages for Research Summaries.

**[LINK](#) to full studies
& further literature**

Safety - FDA Cleared, CE Marked, TGA Registered (risks considered same as massage)Max pressure of 110 mmHg (less than 2.5 PSI) when using the Normatec boots. We feel this is the No 1 feature with the Hyperice brand. Without the proper Research at higher pressures there are naturally concerns as to the safety of those pressures in certain circumstances. Again when considering a Recovery Room that the general public and team will use this peace of mind and reassurance as to the safety of the products is paramount.

Technology - NormaTec system utilizes a patented technology that massages the legs, arms, or hips with pneumatic compression to enhance circulation and reduce soreness. NormaTec employs three forms of biomimicry to expedite recovery: Pulsing—dynamic compression mobilizes fluid. Gradient Hold—prevents fluid backflow. Distal Release—allows normal circulation. This patented dynamic compression is hugely effective and again with safety in mind

Support - We have been working for many years now with Normatec and Hyperice and the back up and Support to customers is excellent. As distributors this is a key feature to have that support from the Manufacturer so that we in turn can react quickly to any issues and support our customers.

Worldwide Recognition - Trusted by the top teams and clinics throughout the World. 97% of the Pro Teams in the US use Hyperice / Normatec to power their Recovery rooms.

Recovery Rooms in Ireland - We have helped establish and support Recovery rooms all across Ireland in the past 8 years and have built up a big base of knowledge on what works well and can support you on this. Working with some fantastic Customers too who are very supportive also with new rooms being set up.

Recovery Technology - As technology evolves Hyperice are to the forefront in terms of Recovery Technology. The Hyperice App allows you to connect the full Hyperice and Normatec range and to link in with world leading Fitness technology to tailor Recovery programs to suit your workload and demands.

Backed by Research

Trusted by Professionals

How Can Normatec Benefit Your Team?

The benefits of Normatec boots have been found to include:

- Reduce injury risk
- Improve performance
- Decreasing muscle soreness
- Decreasing recovery time
- Decrease muscle fatigue after acute exercise
- Improving range of motion
- Reduce yearly physiotherapy cost

Research on Hyperice Vibration and Percussion

Hyperice is committed to advancing the science of vibration and percussion – paving the way to better clinical outcomes. We fund independent studies exploring the effects of percussory and vibratory therapy. Below is a summary of recently published studies.

Peer Reviewed and Published Literature

Reduces Pain

The Hyperice Vyper 2.0 vibrating fitness roller is an effective treatment for pain and stiffness, resulting in significantly greater results than a non-vibrating foam roller test intervention.

- Annals of the Romanian Society for Cell Biology 2021

Decreases Delayed Onset Muscle Soreness

The Vyper 2.0 was as effective at massage at preventing DOMS and restoring concentric strength while also decreasing both pain and LDH levels in the 48 hours post exercise.

- Central University, New Delhi

Increases Range of Motion

Treatment of posterior shoulder tightness with a single Hyperice's Hypervolt session significantly improved horizontal adduction and internal rotation.

- Journal of Musculoskeletal Science and Technology

5-minute treatment of the calf muscles using Hyperice's Hypervolt significantly increased maximum dorsiflexion range of motion of the plantar flexor muscles.

- Journal of Sports Science & Medicine 2020

Research on Normatec Line

Hyperice is committed to advancing the science of compression – paving the way to better clinical outcomes. We fund independent studies exploring the effects of peristaltic pulse compression. Below is a summary of recently published studies.

Peer Reviewed and Published Literature

Lessen Pain Sensitivity

Normatec Pulse compression is a promising means of accelerating and enhancing recovery by reducing muscle tenderness from pressure stimuli.

- Journal of Strength and Conditioning 2015

Increase Range of Motion

Normatec Pulse compression rapidly enhances acute range-of-motion with less discomfort and time.

- Journal of Strength and Conditioning 2014

Pulse Compression as a Treatment for DOMS

A 30-minute treatment of Normatec Pulse compression increases blood flow in the lower extremity, possibly making Pulse compression a viable option in the management of exercise-induced muscle damage (DOMS).

- Journal of Athletic Training 2016

Decrease Muscle Fatigue After Acute Exercise

Normatec Pulse compression increases flexibility and reduces select skeletal muscle oxidative stress and proteolysis markers during recovery from heavy resistance exercise.

- PLOS One Medical Journal 2017

How does Hyperice elevate your business

Phase 1

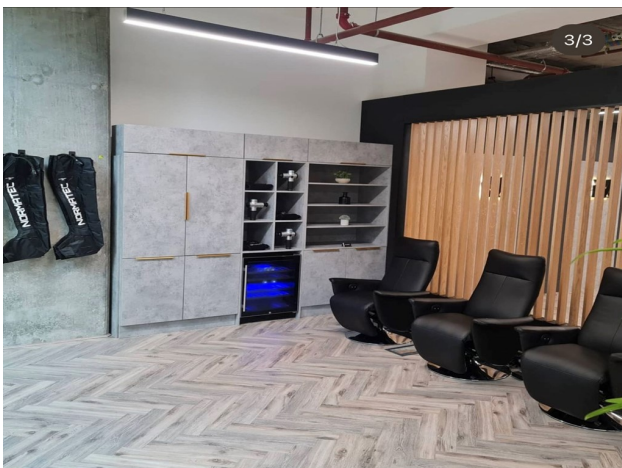
3x2 Charging Station or Wall Box—These are used as a basic integration within a stretch/mobility area of a gym.

Phase 2

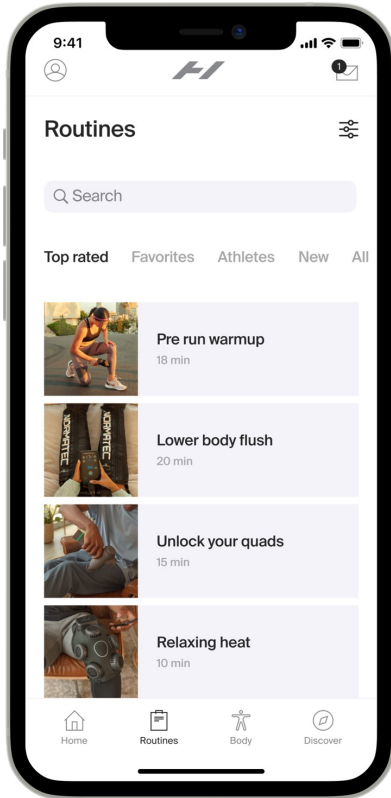
Normatec Integration—This is a great way to expand the Hyperice offering. This can be utilised as an added value tool, or monetised.

Phase 3

Dedicated Recovery Rooms—Having a dedicated space for a Hyperice Recovery Room which carries a full suite of Hyperice products.

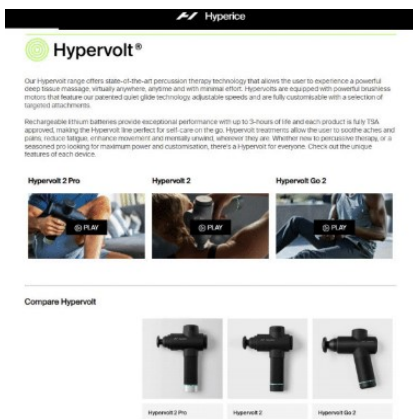
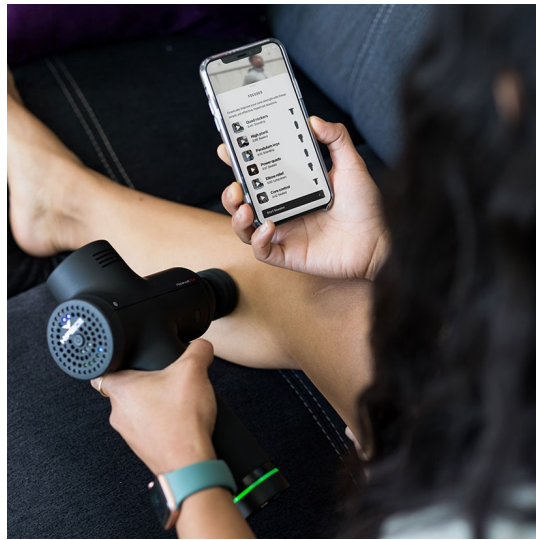


Hyperice Education



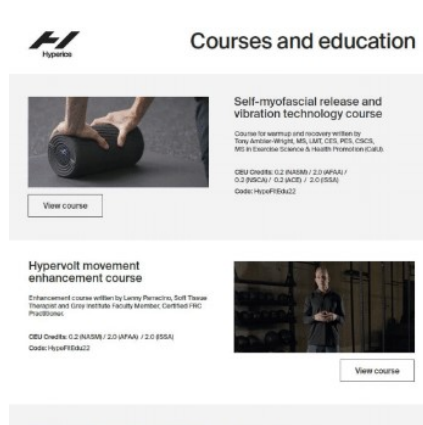
Hyperice App

- Your members can pair the Normatec & Hypervolt devices with their smartphone via the free Hyperice App to unlock the ultimate athlete recovery experience.
- Access a library of recommended Recovery sessions Pre and Post workout from top athletes.
- The Hyperice App links with Whoop, Strava, Apple Health and Garmin Apps so optimum recovery can be recommended based on the workouts being done. This is a really beneficial feature.
- Track and share their recovery stats.
- Follow the world's best athletes, trainers, and physiotherapists as they guide you through their exclusive routines and share personal tips.



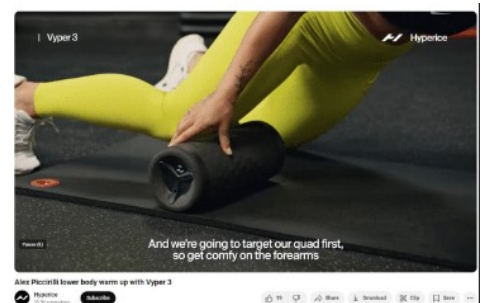
Hyperice Academy ([LINK](#))

An online education platform within-depth videos, technical specs, and quizzes summarising benefits and differences between available technologies.



Online accredited courses ([LINK](#)).

on various Hyperice technologies, certified by NASM, NSCA, and other organizations.



Hyperice YouTube Channel ([LINK](#))

Extensive collection of "How To" videos, Behind the Science highlights reels, Expert Led Routines and other educational content.

Who we work with



Official Recovery
Technology Partner
of the IRFU



Who we work with



**CRICKET
IRELAND**



SPORTS SURGERY CLINIC



Athletes Feedback



"The Hypervolt is a really useful tool in my recovery arsenal, helping me stay in the best shape possible to train."

As an athlete it's not only the hard miles out on the road or track that get me to the startline, it's also all the work in between.

Recovery is such a key part of my life, using the Hypervolt pre & post training has helped me tackle the rigours hard training has on my body"

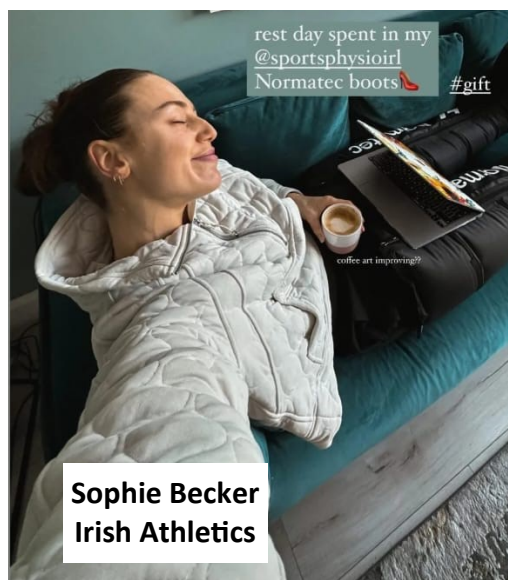
Ciara Mageean

Olympic Games Semi Finalist 2016
European Bronze Medalist Outdoor 2016
European Bronze Medalist Indoor 2019

"When you're in a sport that is all about the marginal gains recovery is so important. The Normatec boots are a vital part of my recovery routine to help me recover and be ready to give 100% at training."

"They are great to take on the go to training and competitions"

Ciara Neville
Irish Athletics



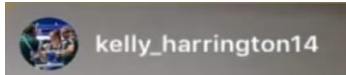
Sophie Becker
Irish Athletics

"I have been using the Normatecs every second day now for a few weeks and have definitely noticed my legs are feeling fresher and i've just felt good overall in training."

Nadia Power
Irish Athletics

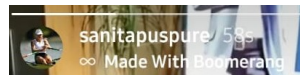


Athlete Feedback



kelly_harrington14

Kelly Harrington
Irish Boxing



sanitapuspure / 593
Made With Boomerang

Sanita Puspure
Irish Rowing



Aileen Flynn – Chartered Physiotherapist & Triathlete (World Championship Ironman)

As a triathlete I regularly train twice a day. This can result in significant muscle fatigue & soreness. Since using Normatec as part of my recovery routine I've noticed that I can take on subsequent sessions with more ease and fresher legs.

I consider Normatec a key element in my training program and attribute part of my successful season in 2017 to timely use of my recovery boots.

As a chartered Physiotherapist I see first hand in athletes bodies what can result from insufficient recovery.

Elevating the legs in a recumbent position certainly helps with recovery and in my experience the added massage effect of Normatec seems to assist in reducing my muscle soreness.

My legs always feel a few years younger after some recovery time in my Normatec boots.

Supporting Team & Athlete Recovery

GAA



Limerick Hurlers

All Ireland Senior

Hurling Champions
2018, 2020, 2021,
2022, 2023

Using the NormaTec devices as part of our allied approach to recovery became part of a routine that the players enjoyed and engaged with on a regular basis.

The players ability to be proactive in their own recovery is key & NormaTec provides a solution.

Joe O' Connor

**Head of S&C
Limerick Senior Hurling**



Tipperary Hurlers

All Ireland Senior

Hurling Champions
2016, 2019

I've been using the NormaTec boots regularly over the past two seasons. I find them great immediately after games & the following day to help remove any stiffness or soreness & freshen the legs before the next training session. I also like to use them in the days prior to a game as good preparation.

Pádraic Maher



Cuala GAA

All-Ireland Senior Club
Hurling Champions
2017 and 2018

We've been using Normatec compression as part of our recovery strategy this season.

It has been a huge asset to our senior panel squad in helping to keep legs fresh and players performing at a high standard.

Player compliance with protocols has also been high due to its ease of application.

Andy Watson

**Certified Athletic Therapist
and Chartered Physiotherapist**

Supporting Team Ireland

Hyrox



As a Hyrox athlete who had the honor of competing in the Hyrox World Championships in Nice, June 2024, I cannot express enough gratitude to Matt Carr and the incredible team at Sports Physio and Performance. Their sponsorship of the entire Irish team, providing us with Normatec Recovery Boots, Hypervolt Massage Guns, Foam Rollers, Mobility Balls, Resistance Bands, Mini Bands, and Pre- and Post-Training rubs, was nothing short of a game-changer.

These tools were absolutely imperative in managing the high training volumes leading up to the World Championships. As athletes, we constantly push our bodies to the limit, and the recovery process becomes just as important as the training itself. With the Normatec Boots and Hypervolt Massage Guns, we were able to enhance our recovery between sessions, reducing muscle soreness and improving circulation, allowing us to train harder and more frequently without picking up injuries.

The foam rollers and mobility tools helped us stay limber and avoid the usual tightness and strains that can creep in during such intense prep. I genuinely believe that without these crucial tools, many of us would have struggled with injury management and might not have performed at our peak.

To Matt and the whole team at Sports Physio and Performance, thank you from the bottom of my heart. Your support made all the difference, and we couldn't have achieved what we did without your help! Your commitment to athlete performance and recovery is second to none, and we are incredibly grateful for everything you've done for us.

Ellevyn Irwin
Hyrox Athlete & Chartered Physiotherapist



Supporting Team & Athlete Recovery

Basketball



Ireland U20 Womens Basketball

For The Ireland U20 Women's Basketball team, being able to compete without having Normatec Boots available to us just wouldn't be possible. They are absolutely invaluable. During our preparation, we played 5 games in 10 days and then headed to the European Championships where we played 7 games in the next 10 days. Having such an intense and hectic schedule, means our preparation for the next game starts the moment the final buzzer goes in the previous game. Our recovery from the previous game is about the most important thing we do.

This has shone through not only anecdotally in the feedback from the girls in how good their legs feel after using the boots and also at the end of the tournament compared to other scenarios where they wouldn't have them available. But it also shows in our results the last few years. We are in better physical condition and able to compete with the top countries in Europe later into these competitions because of how we recover between games.

We are so grateful for the support from Matt and the team at Sports Physio Supplies providing the Normatecs for us. They have been completely invaluable to us over the last 4 years. We simply wouldn't be able to compete at the level we do without them. I couldn't possibly recommend them highly enough.

Karl Kilbride - Head Coach - Ireland U20 Women Basketball Team



Ireland U18 Mens Basketball

Thank you so much for providing the Normatecs for our Irish U18 men's team for this summer's European Championships. The EuroBasket Competition is a 10-day event with 8 games in the schedule for our young International basketball players and this level of competition is incredibly intense and grueling on our players, physically, emotionally and mentally.

The Normatecs were fantastic tool have because they provided our players with a recovery strategy each day after intense games and I feel they had an impact on our players from a mental capacity too, as they all shared positive psychological and emotional responses to using the equipment. I can't recommend the boots enough and I see them as a very valuable tool in the recovery process for athletes in intense international competition.

Niall Berry - Head Basketball Coach, Ireland U18 Men.

Supporting Team & Athlete Recovery

Hockey



'Thanks very much to Sports Physio & Performance, preferred Physio & Recovery Technology supplier to Hockey Ireland and to Hyperice for their fantastic support of our teams'





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