



Recovery Room Brochure



**EXCLUSIVE DISTRIBUTOR
OF HYPERICE IRELAND**

sportsphysio.ie

matt@sportsphysio.ie

062-77014

[@sportsphysioirl](https://twitter.com/sportsphysioirl)

Who we work with



Official Recovery
Technology Partner
of the IRFU



Who we work with



**CRICKET
IRELAND**

SSC 
SPORTS SURGERY CLINIC



Recovery Rooms

”

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



**EXCLUSIVE DISTRIBUTOR
OF HYPERICE IRELAND**

HYPERICE

SportsPhysio
Performance



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

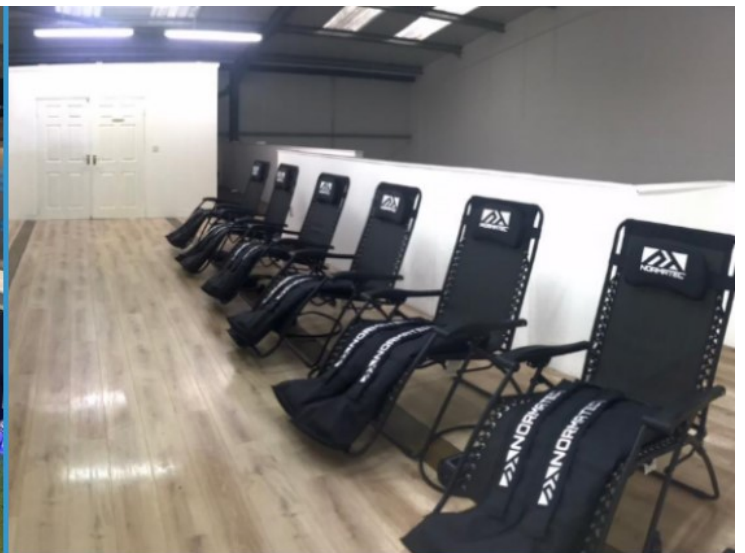


Prosports Recovery - Carrick-on-Shannon

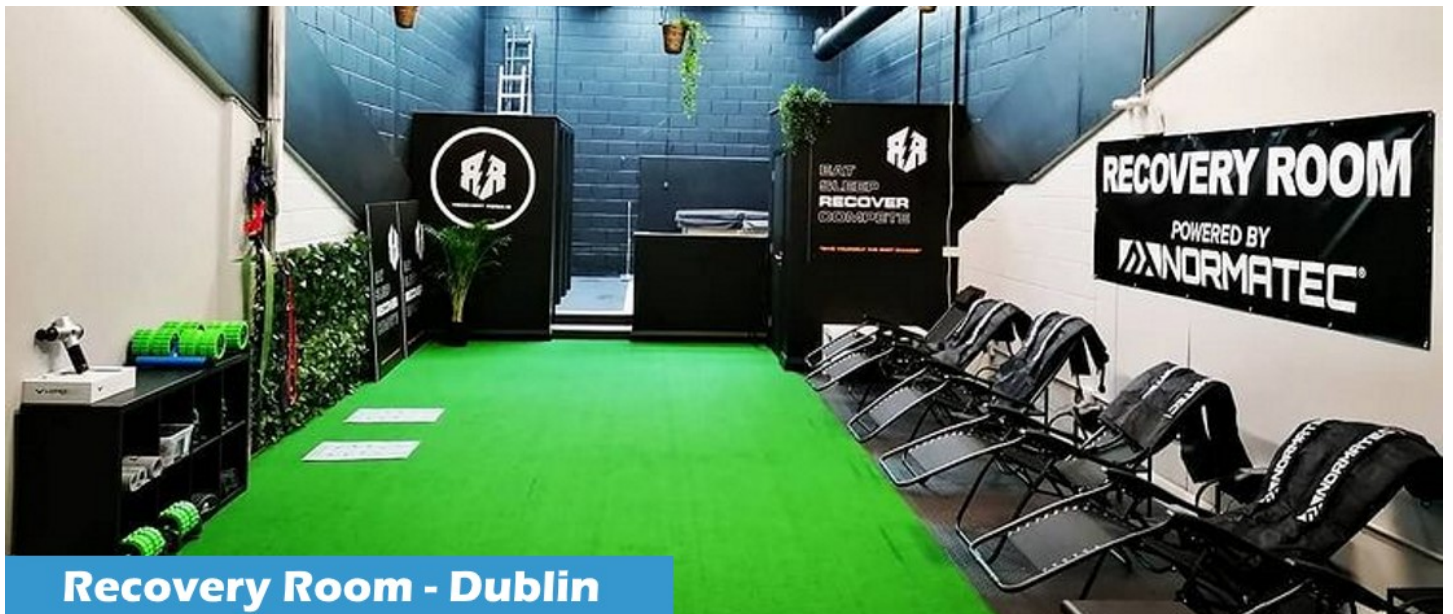




The Recovery Hub - Thurles



South East Sports Recovery



Recovery Room - Dublin



Recovery Suite - Tralee

Supporting Athletes



"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

Supporting Athletes

"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



Kelly Harrington
Irish Boxing

'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.'

Sanita Puspure
Irish Rowing



Nadia Power
Irish Athletics



Supporting Athletes



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

Limerick Hurlers
All Ireland Senior
Hurling Champions 2018, 2020, 2021, 2022

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
Tipperary Senior Hurler

Tipperary Hurlers
All Ireland Senior
Hurling Champions 2019



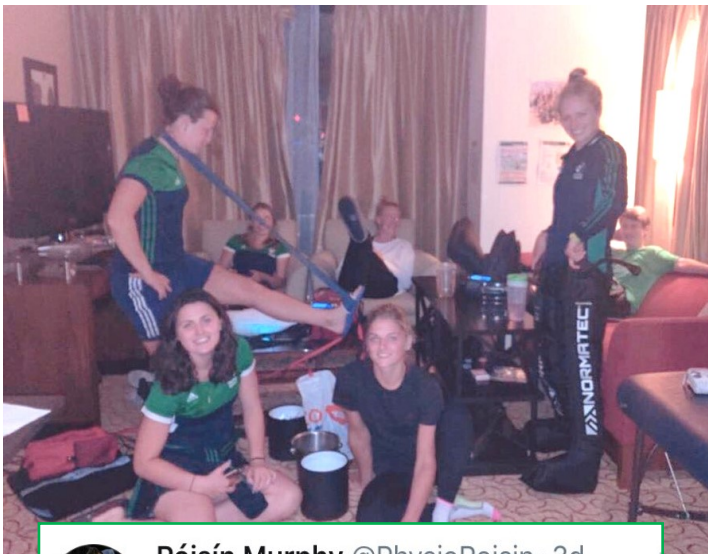
Supporting Athletes



Irish Women's Hockey Team World Cup Silver Medallists 2018



'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'



Róisín Murphy @PhysioRoisin · 3d
Today we recover..... tomorrow we go again. @IreWomenHockey
@Sportsphysioirl #chaseit 🍌💪🏻



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.

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

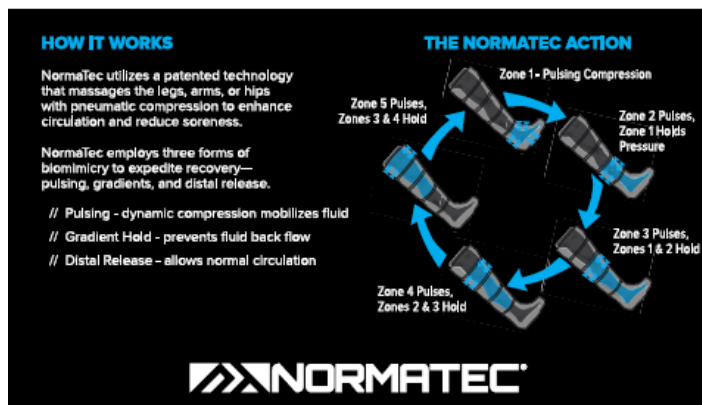
Support - We have been working for many years now with Normatec and Hyperice and the back up and Support to customers is excellent. As distributors this is a key feature to have that support from the Manufacturer so that we in turn can react quickly to any issues and support our customers.

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



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

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

Clear Metabolites Passively

Normatec Pulse compression significantly lowers blood lactate concentrations when compared to a passive recovery group.

- *Journal of Athletic Enhancement* 2013

Increase Oxygenated Hemoglobin

Normatec Pulse compression significantly increases total and oxygenated hemoglobin.

- *Journal of Sport Rehabilitation* 2018

Improve Endothelial Function

A single bout of Normatec Pulse compression improves conduit artery endothelial function systemically and improves RH blood flow in the compressed limbs.

- *European Journal of Applied Physiology* 2015

Gene Expression in Human Muscle Tissue

A 60 min bout of whole-leg, Normatec Pulse compression transiently upregulates PGC-1 mRNA, while also upregulating eNOS protein and NOx concentrations in biopsy samples.

- *Journal of Experimental Physiology* 2015

Backed by Research—Trusted by Professionals

RESEARCH ON HYPERICE VIBRATION & 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 percussive and vibratory therapy. Below is a summary of recently published studies.

PEER REVIEWED AND PUBLISHED

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

Promotes Local Circulation

Physical Therapists reported that mechanical percussion with the Hypervolt increased local blood flow, modulated pain and effectively treated myofascial trigger points and joint range of motion.

- *International Journal of Sports Physical Therapy* 2021

Increases Proprioception

Use of the Hyperice Vyper for warm up of the quadriceps and hamstrings versus a non-vibration rolling treatment significantly increased knee ROM, isokinetic peak torque and dynamic balance.

- *Journal of Sports Sciences* 2018

NON-PEER REVIEWED

Increases Range of Motion

Using the Vyper resulted in a 40% increase in ROM and a significant reduction in pain compared to those results obtained with a non-vibrating foam roller.

- *The University of North Carolina at Chapel Hill*

Promotes Golf Performance

In a study of competitive golfers, utilization of the Hyperice Vyper protocol optimized their swing through increased elasticity of the posterior chain, leading to an increase in the ratio between ball speed and club speed, as well as distance.

- *Study by Rivet Jean-Jacques (Head of Sport Performance & Applied Biomechanics at the European Tour Performance Institute and Pronko Martin (Biomechanics Engineer at Biomecaswing Sport Performance Center)*

Backed by Research—Trusted by Professionals

Two Irish Athletes who are also Physiotherapists give their opinion.



RECOVERY

HYPERTOLT

R3 ROLLER

DIMPLE FIRE BALL

NORMATEC

@SPORTSPHYSIOJRL @TEAMNBMC @PENINSULASPORTS

"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



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.



Recovery Room Options

- 1) Commercial Recovery Rooms
- 2) Gym Recovery Zone
- 3) Physio & Rehab Recovery
- 4) Team Recovery



Commercial Recovery Rooms

Powered by Hyperice



Commercial Recovery Rooms



”

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

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

- **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**

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](mailto: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, therefore 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.



Gym Recovery Zone

Powered by Hyperice



Gym & Fitness—Hyperice Recovery Applications



'IN' FOR 2024: GYM DESIGN TRENDS

<https://indigofitness.com/blog/in-for-2024-gym-design-trends/>

'In' for 2024: Gym Design Trends

Ready to get ahead of the curve?

The dynamic landscape of the health and fitness industry is ever-evolving. Staying ahead of the curve is crucial for gym owners and operators looking to provide valuable customer experiences and unlock opportunities.

So what's 'in' for 2024? We're predicting an even bigger shift towards recovery on the gym floor.

Let's unpack the gym design trends that promise to reshape training spaces and inspire your business strategy in 2024.

1. Recovery Takes Centre Stage
2. Optimise Your Studio
3. Include 'Hybrid Training' in Your Layout
4. Stand Out Through Personalisation

Here are the gym design trends the IndigoFitness team expect to see evolving the gym space in 2024:

#1: RECOVERY TAKES CENTRE STAGE

Consider this: where do your clients recover after their workout? Are they in the way? Do they jump straight in the car? Or do you offer a designated recovery space within your facility?

In 2024, the fitness landscape is evolving to meet the holistic needs of individuals who seek not only intense training sessions but a lifestyle approach to wellness. Recognising recovery as an integral aspect of the training space is key to unlocking your clients' full potential, enhancing performance, and minimising the risk of injuries.

"WORK + REST = SUCCESS"

To stand out in this dynamic era, anticipate a surge in brands and facilities dedicating more of the gym floor specifically for recovery. It goes beyond the basic offerings of stretching mats, foam rollers, and lacrosse balls. Picture an environment where recovery is elevated with state-of-the-art services, ranging from red light therapy to compression treatments and cold therapy.

The challenge is not just about providing recovery options but ensuring your members choose to recover within your gym rather than seeking comprehensive wellness suites elsewhere. Anticipate a shift as operators and independent gyms adopt strategic recovery approaches aimed at enhancing overall performance and health. It's about creating a training space that goes beyond short-term results, attracting a steady stream of consumers committed to long-term well-being.

How does Hyperice elevate the Gym experience

Phase 1

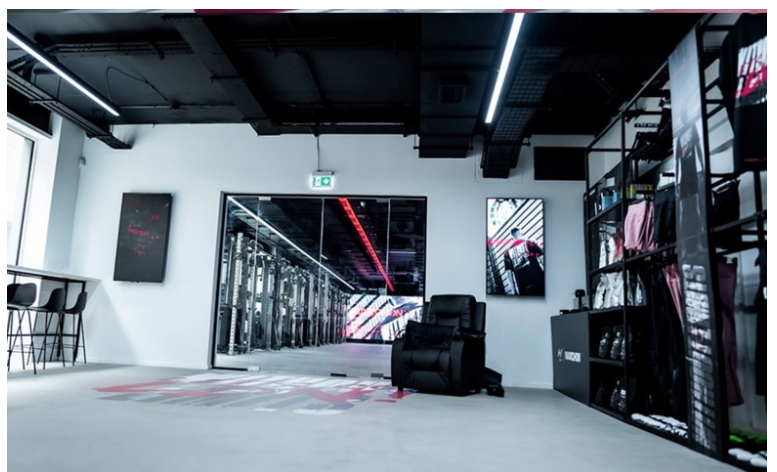
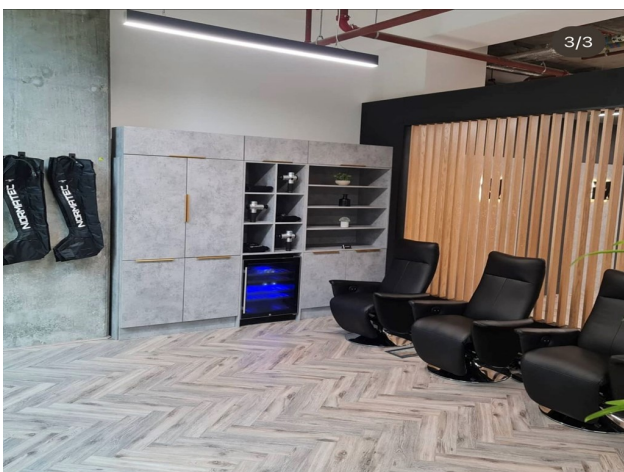
3x2 Charging Stations—These are used as a basic integration within a stretch/mobility area of a gym.

Phase 2

Normatec Integration—This is a great way to expand the Hyperice offering. This can be utilized 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.

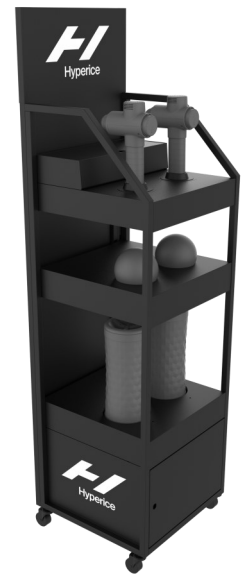


Hyperice Charging/Display solutions



Hypervolt 2 Pro Wall Box

Hypervolt 2 Pro Wall Box is a tethered solution for anti theft concerns. This can be installed anywhere in the gym area.



3x2 Charging Station

Hypervolt 3x2 Charging Station allows you to charge all products at once. This can be installed anywhere in the gym area.



Hypervolt 6 Shooter Charging Station

Hypervolt 6 Shooter Charging Station allows you to book out the units to your members from the reception desk.



Hypervolt 2 and 2 Pro Charging Dock

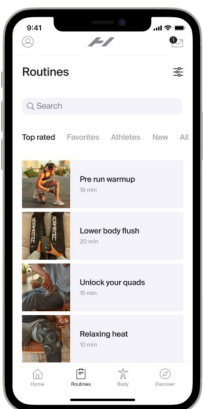
The Hypervolt 2 and 2 Pro Charging Bases doubles as a luxury display as well as a means to charge your device.

Benefits to the Gym business

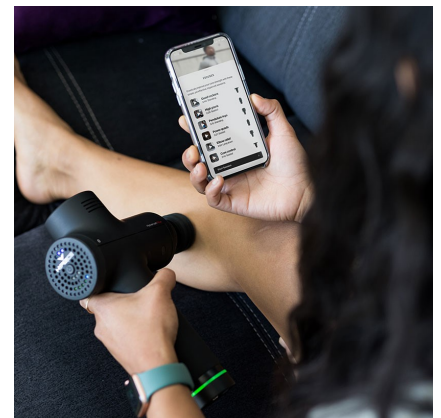


- Facilities typically charge €15–30 per 30-minute treatment (offers and subscriptions optional).
- Break even in just over one month.
- Helps with both member acquisition and retention.
- Option to retain injured clients within your facility.
- Being able to offer training and recovery all in the one facility is a big advantage.
- Attract new clients by marketing Hyperice/Normatec.
- Be the first to offer pro-level technology.
- Attract a steady stream of clients committed to long-term well-being.
- key to your clients' full potential, enhancing performance, and minimising the risk of injuries.

Utilise the Free 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.



Physio & Rehab Recovery

Powered by Hyperice



Physio & Rehab—Hyperice Applications



Treatment Modality

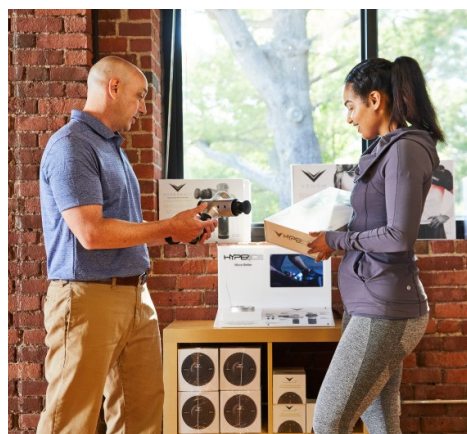
Rehab & Pain Relief



Rehab & Recovery Zone



Rehab Equipment for patients



Physio & Rehab—Hyperice as part of your treatment



Physio & Rehab Clinics worldwide use Hyperice in their daily treatments

Hypervolt or vibration rollers to warm up the muscles before treatment.

Loosen and relax muscles that are overly tight prior to further treatments e.g dry needling.

Excellent in the neck & trap area to treat tight muscles. Patients love it.

Helps provide foot pain relief for runners or patients who suffer from Plantar Fasciitis.

Venom Heat & vibration wraps excellent for pain relief. Great treatment for lower back & shoulder.

Hypervolts excellent for deeper muscle areas such as Hamstring & Glutes. Help save your hands & thumbs !

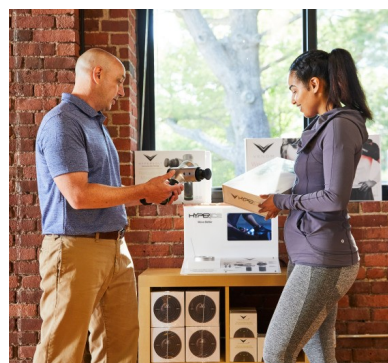
Normatec & venom combined recovery session very popular with patients with great outcomes.

Top 3 popular Clinic Hyperice treatments



- Hypervolt Massage gun
- Venom heat & vibratory back wrap. Excellent for back pain patients
- Normatec Recovery Boots

Provide Hyperice range to your patients from your clinic



Many clinics worldwide supply Hyperice products to their patients & athletes. Increasing no of Irish Physio Clinics now offering these to their patients.

Promotes recovery with your patients between treatment visits and hence better outcomes.

Your athletes use for warm up before training & games and recovery afterwards so reduce the risk of reinjury when returning to sport.

Resellers trade price for Physio & Rehab clinics with a very good margin. Additional revenue stream for your clinic.

No stock holding risks. We operate a sale or return basis. So if certain products don't sell as you expect we can take back the stock.

Rehab & Recovery Zone in your clinic



Have you considered a Recovery Zone in you Clinic or Rehab area.

- Doesn't take up a lot of space. 3m x3m area is quite sufficient.
- Doesn't require a separate room. Can be easily set up in your rehab area.
- Excellent Adjunct to your current treatments to encourage Rehab and Recovery.
- Normatec has Rehab programs to help with Injury recovery e.g Ankle Sprain Rehab
- Venom back heat and vibration wrap coupled with the Normatec is an excellent treatment.
- Great for return to sport in terms of managing the recovery and reducing chance of Re-injury.
- Encourages patients to come to the clinic do their rehab and recovery in between treatments.
- Attracts Fit and non-injured athletes to the clinic to recover between their training and competition. If they do pick up an injury at some stage they know where you are.
- Loan out the devices to your local Sports teams or Athletic clubs for a weekend game or recovery session to further promote your clinic.

Additional Revenue for your clinic.

- Relatively low set up cost
- Return on Investment in 6-8 weeks
- Doesn't require any additional staff or supervision

Example of typical Recovery Zone Set up

2 Sets of Normatec Boots, 2 Hypervolts and 2 sets of Recovery chairs

Projected use

20€ per session. Allow Full use of the Normatec, Hypervolt and any other additional products.

Estimate of 6-10 uses per week per each set of boots.

Weekly projected Revenue €300—€400.

Investment paid for in 6 to 8 weeks.

€300-€400 Additional weekly revenue stream thereafter as well as the other benefits above.

Team Recovery

Powered by Hyperice



Backed by Research

Trusted by Professionals

HOW IT WORKS

NormaTec 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, gradients, and distal release.

- // Pulsing - dynamic compression mobilizes fluid
- // Gradient Hold - prevents fluid back flow
- // Distal Release - allows normal circulation

THE NORMATEC ACTION

Zone 1- Pulsing Compression

Zone 2 Pulses, Zone 1 Holds Pressure

Zone 3 Pulses, Zones 1 & 2 Hold

Zone 4 Pulses, Zones 2 & 3 Hold

Zone 5 Pulses, Zones 3 & 4 Hold

NORMATEC

Hansen et al., J Athl Enhancement 2013, 2:3
http://dx.doi.org/10.4172/2254-4066.1000105

Journal of Athletic Enhancement

Research Article

An Intermittent Pneumatic Compression Device Reduces Blood Lactate Concentrations More Effectively Than Passive Recovery after Wingate Testing

Emily Hansen*, Kevin Stettin, Rut L' and Adam Thomas*

Abstract

Study background: With the advancement of technology, therapeutic modalities involving "passive" have become an option for active individuals to try and decrease the recovery time following training sessions and competition. A wide variety of compression that manufacturers these modalities have claimed their machines can decrease recovery time by decreasing lactic acid, a known cause of muscle fatigue following exercise. The aim of this study was to investigate an intermittent pneumatic compression (IPC) unit as a recovery modality by evaluating its effectiveness in clearing blood lactate (BL) when compared to alternate recovery methods following an anaerobic Wingate cycling test (WAT).

Methods: Twenty-one (20/1) female athletes between the ages of 18-25 years old participated in this randomized controlled clinical trial. All subjects participated in a lower extremity dominant collegiate club sport. Following a one minute WAT, participants were randomly assigned one of three recovery interventions: IPC, active, or passive, each lasting 20 minutes. Objective data included subjects' height (cm), weight (kg), and resting levels of blood pressure (BP), heart rate (HR) and blood lactate (BL). Post exercise BP, HR and BL were taken immediately following the WAT and 20 minutes post recovery session.

Results: Post recovery, the IPC group had a mean BL significantly lower than the passive recovery group; there was no significant difference in BL between the IPC group and the active recovery group.

Conclusion: Results indicate that during the recovery phase, an IPC unit is more effective than passive recovery at removing BL following anaerobic exercise. The IPC unit reduced BL as efficiently as active recovery as carried out in the current study.

Keywords:
Intermittent pneumatic compression; Blood lactate; Recovery; Performance

Introduction

With the advancement of technology, therapeutic modalities have gained to mimic a "passive" to decrease the recovery time between training sessions and competition. Competitive athletes

Methods

Design

We conducted a randomized controlled trial investigating

Scitechnol
Publishing on Science

All articles published in Journal of Athletic Enhancement are the property of Scitechnol, and are protected by copyright laws.
Copyright © 2013, Scitechnol. All Rights Reserved.

How Can Hyperice Benefit Your Team?

The benefits of Hyperice 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

Teams and Athletes Using Hyperice



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

Limerick Hurlers

All Ireland Senior
Hurling Champions 2018, 2020, 2021, 2022



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
Tipperary Senior Hurler

Tipperary Hurlers

All Ireland Senior
Hurling Champions 2019



Róisín Murphy @PhysioRoisin · 3d

Today we recover..... tomorrow we go again. @IreWomenHockey

@Sportsphysioirl #chaseit 🍷👊💪

Club Recovery Package

Powered by Hyperice

PACKAGE 1



**3 x Normatec
Recovery Systems**

PACKAGE 2



**3 x Normatec
Recovery Systems**





Sports Physio & Performance
Killinan, Thurles, Co. Tipperary
E41 XD59

www.sportsphysio.ie

sales@sportsphysio.ie

Tel: [+353 62-77014](tel:+3536277014)