

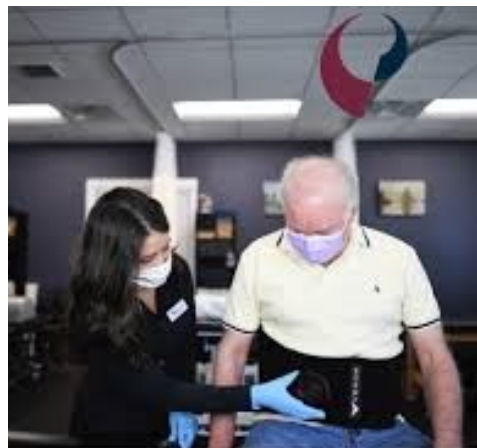
# Physio & Rehab—Hyperice Applications



## 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.

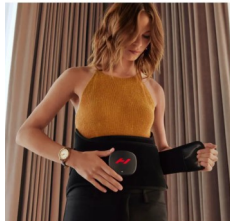
Helps provide foot pain relief for runners or patients who suffer from Plantar Fasciitis.

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 !

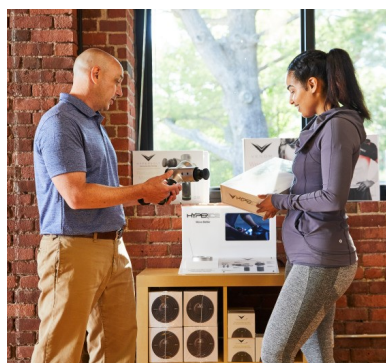
Normatec & venom combined recovery session very popular with patients with great outcomes.

## 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.



# 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



**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**

# 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 **Cost €1990 + VAT**  
*Additional €400 approx. for additional items such as the Venom back and vibration roller*

### 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.



# 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.

# 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

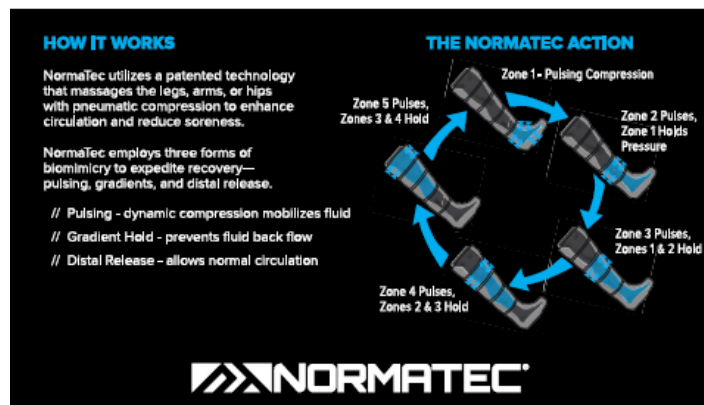
**Support** - We have been working for many years now with Normatec and Hyperice and the back up and Support to customers is excellent. As distributors this is a key feature to have that support from the Manufacturer so that we in turn can react quickly to any issues and support our customers.

**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)*



## Who we work with



Official Recovery  
Technology Partner of  
the IRFU





## Who we work with



**CRICKET  
IRELAND**

**SSC**   
SPORTS SURGERY CLINIC







### 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 utilised as a 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



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