



# Team & Athlete Recovery



Scan here for more information  
on our recovery rooms.

**Website:** [sportsphysio.ie](https://sportsphysio.ie)

**Email:** [sales@sportsphysio.ie](mailto:sales@sportsphysio.ie)

**Telephone:** 062-77014

**Socials:** @sportsphysioirl

**Address:**

Racecourse Road, Killinan, Thurles,  
Co. Tipperary. E41XD59

# 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**



## 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**



# Supporting Team & Athlete Recovery



Official Recovery  
Technology Partner of  
the IRFU





# Supporting Team & Athlete Recovery



CRICKET  
IRELAND





# Supporting Team & Athlete Recovery

## GAA



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



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**

### GAA Club Feature:

We were delighted to link in with Andy and Cuala GAA from the start of their club campaign and support their recovery strategy for the season. It was great to see them go all the way and win their first Dublin Senior Football Championship in October.



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



**Cuala GAA**  
All-Ireland Senior Club  
Football Champions  
2024



# 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

## 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'*





# 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 Athlete Recovery

GPA



Player welfare is one of our three core pillars [player welfare, development, and representation] and we are delighted to team up with Sports Physio & Performance to assist our members with their recovery protocols. This is a great initiative as it involves players in their own injury prevention and recovery. The benefits of using the tools in the packs are backed by solid research and the packs will play a big part in recovery and performance for teams throughout the rest of the season.

**Paul Flynn**  
CEO at the GPA

As an inter-county player, it can often be challenging to manage my time effectively between my playing and work commitments and finding appropriate time for rest and recovery. It is great that the GPA has provided all players with a practical means to help with pre-game prep and post-game recovery. It's great to see the GPA taking a keen interest in our physical welfare.

**Matthew O'Hanlon**  
Wexford hurler

This is a practical way in which we can help all 4,000 of our members as the season progresses. They will be familiar with the items included and the exercises recommended but as always, they should be carried out in consultation with the player's S&C coach or physio to ensure the best positive impact. Of behalf of players I would like to thank Sports Physio and Performance for their support in making this happen.

**GPA Player Services Manager**  
**Eamonn Murphy** said



# Athlete 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

rest day spent in my @sportsphysiourl Normatec boots #gift

'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



## 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.



# International Team Feedback



"It's excellent how portable all the equipment is, we take it on the road with us, we take it in the hotel, I'll let guys take it into the dorms the night before a game. It's crucial to their routines, it's crucial to our preparation."

**Marc Paquet**  
**UMASS Men's Ice Hockey Head Athletic Trainer**

"Having this facility the past year has become a true asset to our student athletes. Normatec has become a staple in how we teach our student athletes to prepare their bodies for the day-to-day grind, it allows them a place to get away from the athletic training room and come rest and get recovery on their own. They're resting here, that's going to allow them to repair—if they're repairing, they're regenerating—if they're regenerating, they're recovering—and that's putting themselves in a position for success the next day with a full tank."

**Mark Smith**  
**Georgia Tech Head Football Athletic Trainer**



"We feel like the recovery zone is one of the best investments that we've made at Alabama in terms of how we manage our athletes. It's given our guys a place to go and relax and recover, while at the same time doing something that we know is going to benefit them and the response that we've seen to this has been tremendous. They love it and they love using it."

**Jeff Allen**  
**University of Alabama Director of Sports Medicine/Head Football Athletic Trainer**

"That room is really for the players who aren't injured, and they're just using it as part of their prep and recovery. They may go into that room before practice and do some foam roller or get into the Normatecs, or use the Hypervolts just to loosen their muscle. Then after practice they're in there in the Normatecs elevated and getting some of the metabolic waste out of their legs so they can perform the next day." Our feeling as a staff—athletic training staff, coaching staff, management—is the more reps you get at practice the better you'll be in a game. So we think this is a particular sport where you really have to practice and our days lost for practices was way down."

**Rick Burkholder**  
**Kansas City Chiefs VP of Sports Medicine and Performance**



"One of the key components of the game of football is recovery and return to play and getting guys back as fast as possible, so having this room and having the Normatec technology as part of our organization really allows guys to recover a lot faster."

**Reggie Scott**  
**Los Angeles Rams Head Athletic Trainer**





# 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 percussive 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 as 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

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



# Recovery Room Examples



**University of Georgia Football**



**Las Vegas Golden Knights**



**Irish Rugby Football Union**



**Club Brugge**



**Irish Rugby Football Union**

Recovery Rooms can start with just a few Normatec Systems and Zero Gravity Chairs, and grow to a larger installation of 10+ Dream seat recliners and Normatecs, a 3x2 Charging Station, and a Hypervolt 6-Shooter + more additional tech. We are able to customize these solutions based on any one organization's needs and available space in their facilities. Common existing spaces used to build a Recovery Room include player lounges, expansion of locker rooms or physio spaces, other under-utilised areas.

Check the link to lots of Team Recovery Room videos [HERE](#)

Hyperice Recovery Room Compilation video [HERE](#)



# Team Recovery Packages

Powered by Hyperice

## PACKAGE 1



Normatec Recovery System x 1  
Hypervolt 2.0 x 1

**Package Cost €995 + VAT**

## PACKAGE 2



Only  
3x2m  
Space  
Required

**Normatec Recovery Zone**

Normatec Recovery System x 2  
Zero Gravity Chair x 2

**Package Cost €1,965 + VAT**

## PACKAGE 3



Wall box has 2  
hypervolt guns  
attached and fixed to  
wall

Only  
3x2m  
Space  
Required

**Normatec and Percussion**

Hypervolt 2 Pro Wall Box x 1  
Hypervolt 2.0 Pro x 1  
Normatec Recovery System x 2  
Zero Gravity Chair x 2

**Package Cost €2,775 + VAT**

## CUSTOMISE YOUR OWN



Normatec 3.0



Normatec Zero  
Gravity Chair



Hypervolt 2 Pro



Hypersphere Mini

Customise or add to your recovery room with a variety of Hyperice products.

Choose a number of products to suit your clients needs and usage.

We will help with the set up design of your space.





Scan here for more information  
on our recovery rooms.

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