

Teams & Athletes in Ireland using NormaTec

TRAIN HARDER RECOVER FASTER PERFORM BETTER



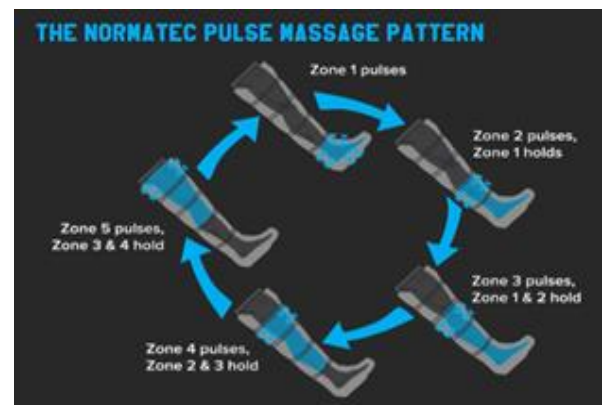
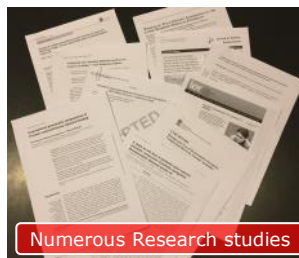
NormaTec is the leader in rapid recovery—our systems give a competitive edge to the world's elite athletes, coaches, and trainers. Our goal is to establish recovery as an integral part of every athlete's training, and we feel NormaTec systems are the best way to accomplish that.

The NormaTec PULSE Recovery Systems are dynamic compression devices designed for recovery and rehab. All of our systems use NormaTec's patented PULSE technology to help athletes recover faster between trainings and after performance.

Our systems include a control unit and attachments which go on the legs, arms, or hips. They use compressed air to massage your limbs, mobilize fluid, and speed recovery with our patented NormaTec Pulse Massage Pattern. When you use our systems, you will first experience a pre-inflate cycle, during which the connected attachments are molded to your exact body shape. The session will then begin by compressing your feet, hands, or upper quad (depending on which attachment you are using). Similar to the kneading and stroking done during a massage, each segment of the attachment will first compress in a pulsing manner and then release. This will repeat for each segment of the attachment as the compression pattern works its way up your limb

Why choose NormaTec?

- Speeds up Recovery
- Increases circulation
- Reduces pain & inflammation
- Patented technology proven results
- Backed by Research studies
- Relied on by 97% of pro teams in the USA



NORMATEC®

Irish Sports using NormaTec



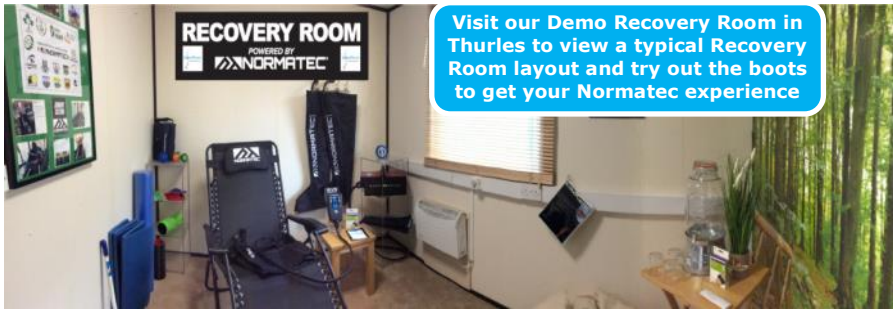
To Order:

Tel: 062-77014

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

The 'Recovery Room'



Visit our Demo Recovery Room in Thurles to view a typical Recovery Room layout and try out the boots to get your Normatec experience



Rehab & Recovery Room



SSC
SPORTS SURGERY CLINIC
Sports Medicine, Orthopaedic & Specialist Services



Introducing The Recovery Room for your Facility

Athletes can recover at your facility between training sessions.

Excellent for Injury Rehab Isolate the injured joint & compress

Great Addition to your clinic or Gym. Recovery is huge now.

Don't need to Monitor Free to work with other patients/clients

Additional Revenue. Investment covered after 2/3 use.

Clinic becomes a destination for athletes that are not injured !

Rent out to your athletes/teams at weekend when clinic closed



Team Recovery Room



Stretching & Flexibility Area



Zero Gravity Chairs



Recovery Room Design
We can help you with the design & layout of your Recovery Room. Maximise your athletes experience Another feature to your clinic / gym

Wall Mural for Relaxation setting



Hydration Station

Recovery—Irish Teams & Athletes



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

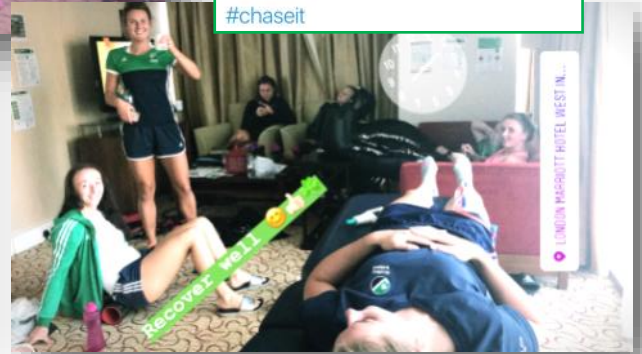


Irish Womens Hockey Team
 World Cup Silver Medalists 2018

Congratulations to the Irish Ladies Hockey team on their fantastic World Cup success in London winning the silver medal.

Great to see NormaTec systems helping with recovery between games.

We WON... buuuut... we have a final to prepare for.... 🍀 #greenarmy
 #chaseit



Niamh Maguire @niamhmiley · 4d
 Recovery day for @IreMenHockey 🍀 after a tough few days of matches & training. Thanks as always to @Sportsphysioirl for the support on our WC Journey #RoadToBhubaneswar @julianne_ryan



**Andrew Conway
 Munster & Ireland Rugby
 Visits our Recovery Room in Thurles**

See the video on our NormaTec Page where we discuss the Features and Benefits of the NormaTec with Andrew

Recovery— GAA Teams using NormaTec



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 and freshen the legs before the next training session.

I also like to use them in the days prior to a game as a good preparation.

Pádraic Maher—Tipperary Senior Hurling Captain



TJ Reid @_tjreid · Mar 12

Thanks to @Sportsphysioirl for the normatec compression boot for recovery, badly needed after a tough game in thurles last night, #recovery



Limerick GAA All Ireland Senior Hurling Champions 2018



SportsPhysioSupplies @Sportsphysioirl · Mar 7
@ColinFennelly using our Normatec Pulse recovery boot after a tough game against cork at the weekend. #recovery #normatec



Many GAA teams use NormaTec now as part of their recovery protocols. Here are just a few



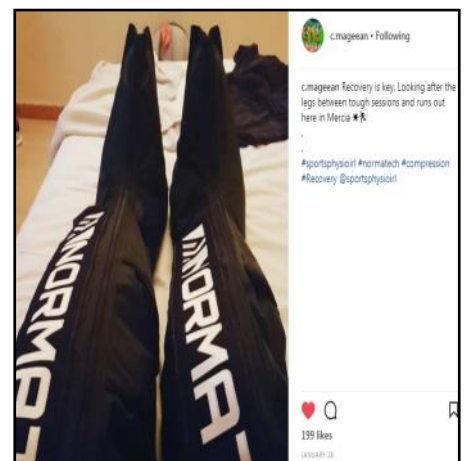
To Order:

Tel: 062-77014

e-mail: sales@sportsphysio.ie

website: www.sportsphysio.ie

Recovery– Irish & International Athletes



Aileen Flynn – Triathlete (World Championships Ironman Kona 2015 & 2017) & Chartered Physio.

As a triathlete I regularly train twice a day. This can result in significant muscle fatigue and 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.



NormaTec
@NTRRecovery



Recover like IRONMAN world champion
[@patricklange1](#).



Paul Pogba
Professional Soccer Player
Manchester United



LeBron James
NBA Small Forward, Cleveland Cavaliers
3x NBA Champion



Simone Biles
Gymnast
5x Olympic Medalist

Recovery– Research Studies & Order Options

BACKED BY RESEARCH

DYNAMIC COMPRESSION ENHANCES PRESSURE-TO-PAIN THRESHOLD IN ELITE ATHLETE RECOVERY: EXPLORATORY STUDY.

Journal of Strength & Conditioning Research 2015 May; 29(5):1263-72

"The purpose of this study was to assess peristaltic pulse dynamic compression (PPDC) in reducing short-term pressure-to-pain threshold (PPT) among Olympic Training Center athletes after morning training. [...] We conclude that PPDC is a promising means of accelerating and enhancing recovery after the normal aggressive training that occurs in Olympic and aspiring Olympic athletes." —view article on pubmed.

PERISTALTIC PULSE COMPRESSION OF THE LOWER EXTREMITY ENHANCES FLEXIBILITY.

Journal of Strength & Conditioning Research 2014 Apr; 28(4):1058-64

"This study investigated the effects of peristaltic pulse dynamic compression (PPDC) on range-of-motion (ROM) changes in forward splits. [...] PPDC provides a means of rapidly enhancing acute ROM requiring less discomfort and time." —view article on pubmed.

PERISTALTIC PULSE COMPRESSION UPREGULATES PGC-1 α AND eNOS IN HUMAN MUSCLE TISSUE.

Experimental Physiology 2015 May 15

"We investigated whether a single 60 min bout of whole-leg, lower pressure external pneumatic compression (EPC) altered select vascular, metabolic, antioxidant and inflammation-related mRNAs. [...] An acute bout of EPC transiently upregulates PGC-1 α mRNA, while also upregulating eNOS protein and NOx concentrations in vastus lateralis biopsy samples" —view article on pubmed.

PERIPHERAL CONDUIT AND RESISTANCE ARTERY FUNCTION ARE IMPROVED FOLLOWING PERISTALTIC PULSE COMPRESSION.

European Journal of Applied Physiology 2015 May 16

"The purpose of this study was to determine the acute effects of a single bout of peristaltic pulse EPC on peripheral conduit and resistance artery function. [...] Acutely, whole limb, lower pressure EPC improves conduit artery endothelial function systemically, but only improves RH blood flow locally (i.e., compressed limbs)." —view article on pubmed.



Standard Recovery System



Leg & Hip Recovery System



Hip & Arm Recovery System

Pls call for Pricing Options & Special Offers or to arrange a Demonstration



Zero Gravity Chair



Hard Carry Case

Rent to Buy Option

Rent the Normatec for a Period and if you want to purchase then we discount the rental charge from the Unit buy price

Weekly Rental is €100