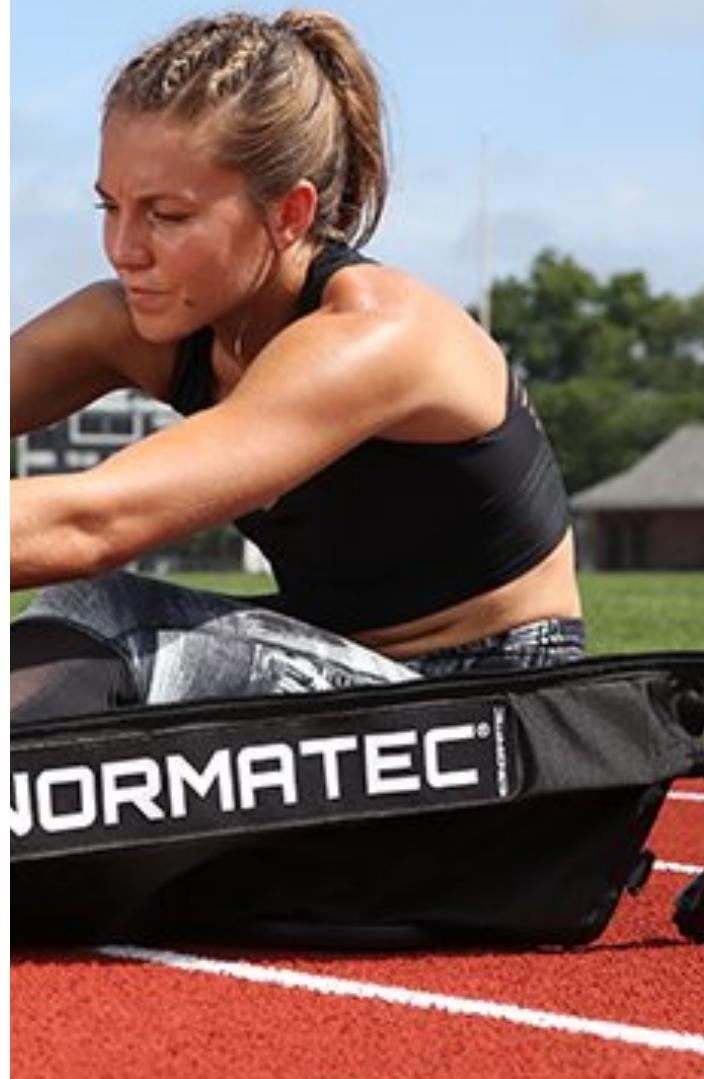


NORMATEC

Guide



NORMATEC BY NORMATEC RECOVERY

Compiled by Vitality2Go

vitality2go.com
#CRUSHPAIN

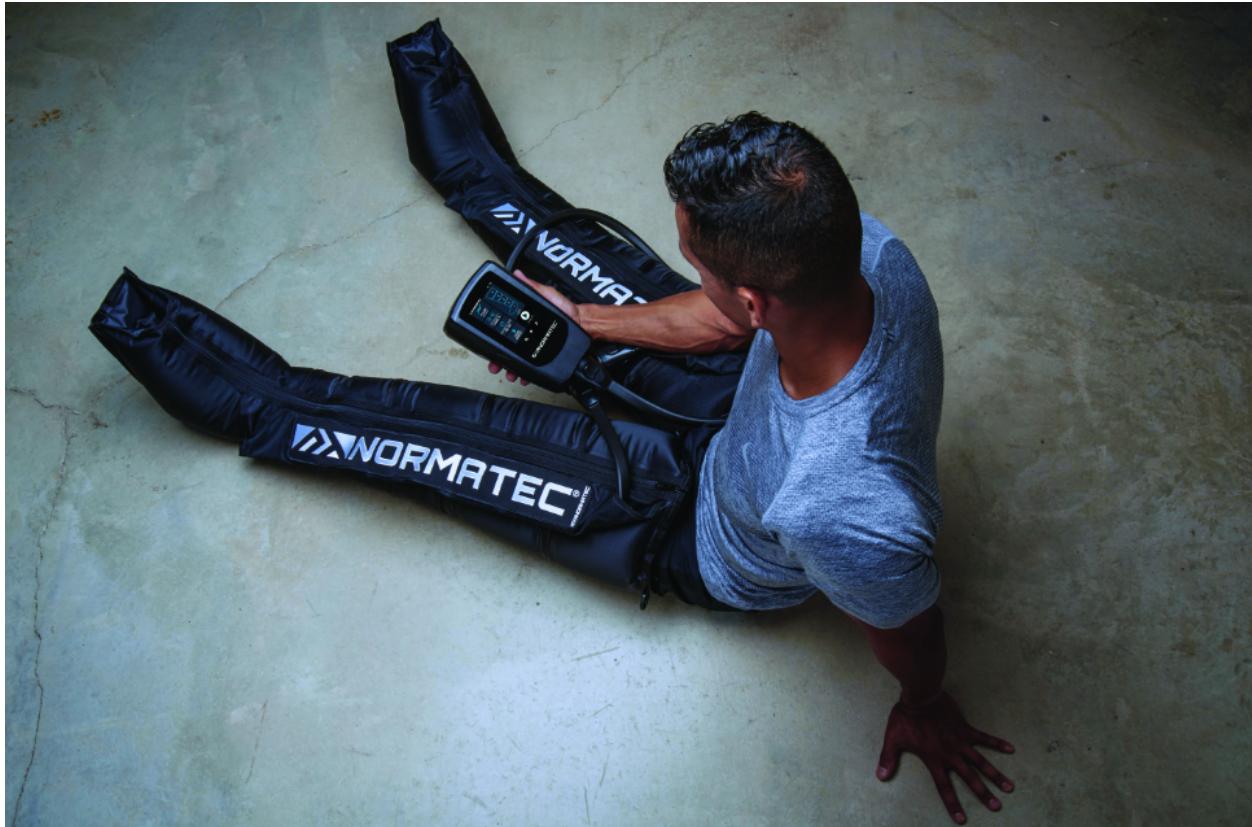


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Product description

Introduction



Many leading athletes, trainers and fitness enthusiasts around the world currently use this technology. NormaTec uses a patented massage pattern that works on different parts of the body. There are devices that attach to the arms, hips and legs. These are sophisticated systems that effectively mimic the natural motions of the arms and legs to remove metabolites and fluids from the limbs after intense activity. The pulsing movements are helpful for preventing injuries and accelerating recovery time.

NormaTec is the leader in rapid recovery—their systems give a competitive edge to the world's elite athletes, coaches, and trainers. Their goal is to establish recovery as an integral part of every athlete's training. The NormaTec PULSE Recovery Systems are dynamic compression devices designed for recovery and rehab. All of their systems use

NormaTec's patented PULSE technology to help athletes recover faster between trainings and after performance.

Their 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 their patented NormaTec Pulse Massage Pattern. When you use their 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.

Products



2018 NORMATEC PULSE PRO

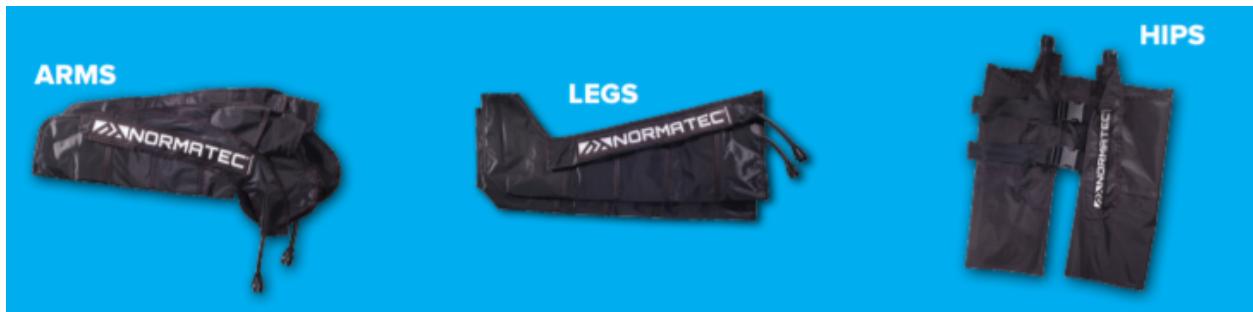
Rehab and recovery for training rooms, pro athletes, and teams. Used by athletic trainers and doctors in training and medical facilities.

With new interactions and capabilities, the PRO system is the most advanced rehab and recovery solution on the market. Customize every aspect of your compression with an advanced touchscreen interface.

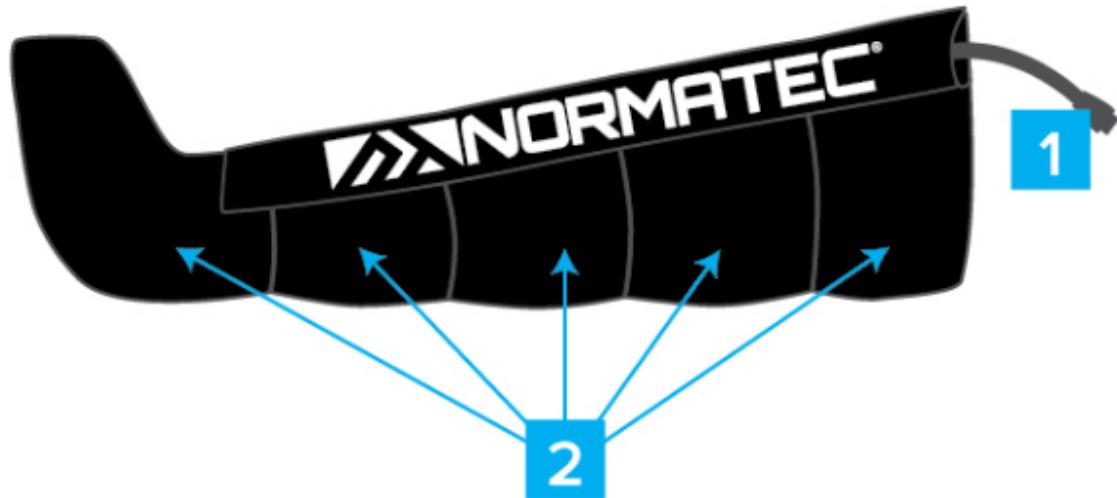
Fully customizable through our powerful touchscreen interface
Rehab and Recovery in one small package
Recovery everywhere with our ultra-portable design and internal battery
Recovery Flush for quick and easy sessions
Extra attention where you need it most with Zone Boost
Patented NormaTec Pulse Technology

ACCESSORIES

Extra attachments for legs, arms, or hips. Soft and hard carry cases. Replacement parts.
And of course, NormaTec swag to rock during your workout.



NORMATEC LEG ATTACHMENT



The NormaTec leg is a full-coverage attachment for the entire leg. It features overlapping zones that guarantee gapless compression, high-quality nylon, and hassle-free integrated tubing. Compatible with the NormaTec PULSE and PULSE PRO recovery systems.

NormaTec quick release connector. Compatible with the NormaTec PULSE and PULSE PRO recovery systems. Securely and easily snaps into the NormaTec hose. Connects with an audible click so you always know you've made a perfect connection. NormaTec compression zones—each zone overlaps with adjacent zones to guarantee gapless compression. Custom molds to your unique body shape every time.

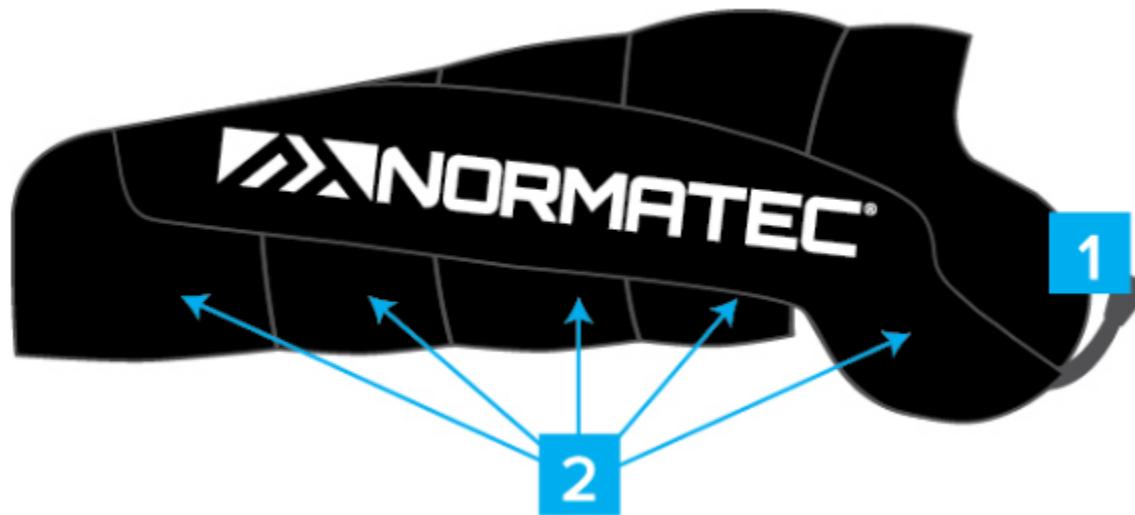
NORMATEC HIP ATTACHMENT



The NormaTec hip is a full-coverage attachment for the lower back, obliques, glutes, hamstrings, quads, adductors, and abductors. It features overlapping zones that guarantee gapless compression, high-quality nylon, and hassle-free integrated tubing. Compatible with the NormaTec PULSE and PULSE PRO recovery systems.

NormaTec quick release connector. Compatible with the NormaTec PULSE or PULSE PRO recovery systems. Securely and easily snaps into the NormaTec hose. Connects with an audible click so you always know you've made a perfect connection. NormaTec compression zones—each zone overlaps with adjacent zones to guarantee gapless compression. Custom moulds to your unique body shape every time.

NORMATEC ARM ATTACHMENT



The NormaTec arm is a full-coverage attachment for the entire arm and shoulder. It features overlapping zones that guarantee gapless compression, high-quality nylon, and hassle-free integrated tubing. Compatible with the NormaTec PULSE and PULSE PRO recovery systems.

NormaTec quick release connector. Compatible with the NormaTec PULSE or PULSE PRO recovery systems. Securely and easily snaps into the NormaTec hose. Connects with an audible click so you always know you've made a perfect connection. NormaTec compression zones—each zone overlaps with adjacent zones to guarantee gapless compression. Custom molds to your unique body shape every time.

System Features

NORMATEC PULSE

Complete, **DIGITAL**, control of your experience

Recovery for every athlete **ANYWHERE** with our ultra portable design and internal battery



Patented NormaTec Pulse Technology

Recovery Flush with an intensity level for every athlete

Extra attention where you need it most with **ZONE BOOST**

NORMATEC PULSE PRO

Fully customizable through our powerful touchscreen interface

REHAB AND RECOVERY in one small package

Recovery for every athlete anywhere with our ultra portable design and internal battery



Recovery Flush for quick and easy sessions

Extra attention where you need it most with Zone Boost

Patented NormaTec Pulse Technology

ALL SYSTEMS FEATURE

- Patented NormaTec Pulse Technology
- Internal battery
- Easy-to use control unit interface
- 7 compression levels up to 100 mmHG
- Zone Boost for a targeted increase in time and pressure
- Recovery Flush with 30-110 mmHg range
- Overlapping zones for maximum recovery

-
- Dual hose with quick connectors
 - Boots with zippers and integrated tubing
 - World voltage compatible power adapter (100-240V)
 - Universal electrical compatibility, external 12V 5A power supply
 - Whisper quiet
 - Lightweight and small (\approx 3.5 lbs, 4"x5"x9")
 - Precise, digital control and accuracy
 - Sizing options for athletes of all shapes and sizes

Benefits

Main Benefits of NormaTec

NormaTec Recovery Boots use compressed air to massage your limbs and:

- Reduce inflammation
- Improve circulation
- Reduce muscle soreness
- speed recovery
- increase flexibility and range-of-motion for the lower extremities after workouts
- enhance blood flow and dynamic compression that ensures that fluids leave the limbs after intense workouts

Main Benefits of Compression Therapy

Increase Flexibility

The gentle compressing relaxes muscle and connective tissue, allowing for increased range of motion.

Blood Flow

The sequential pressure facilitates better movement of blood and lymphatic fluid.

Reduce Soreness

The NormaTec Recovery System mimics massaging pressure, reducing tenderness and alleviating soreness

Why are Athletes using NormaTec?

Recovery! In recent years, professional and recreational athletes are training harder and more frequently than ever. Typically, rest or general cardio between training days provides adequate recovery for our bodies. However, athletes training daily with little rest are looking to technology like NormaTec to recover faster. With the compressive, massaging stimulation athletes are noticing decreased muscle soreness and increase

When and How often can NormaTec Be used?

NormaTec sessions are typically 20-30 minutes in length and can be used daily. Many athletes like to use NormaTec to prepare for an event. To ‘get the blood flowing’ prior to a cycling race, marathon or 10K, triathlon or CrossFit competition. In addition, NormaTec is more often used immediately after these types of events to reduce muscle soreness. In the case of a multi-day event, NormaTec can assist in preparation for the next day’s events.

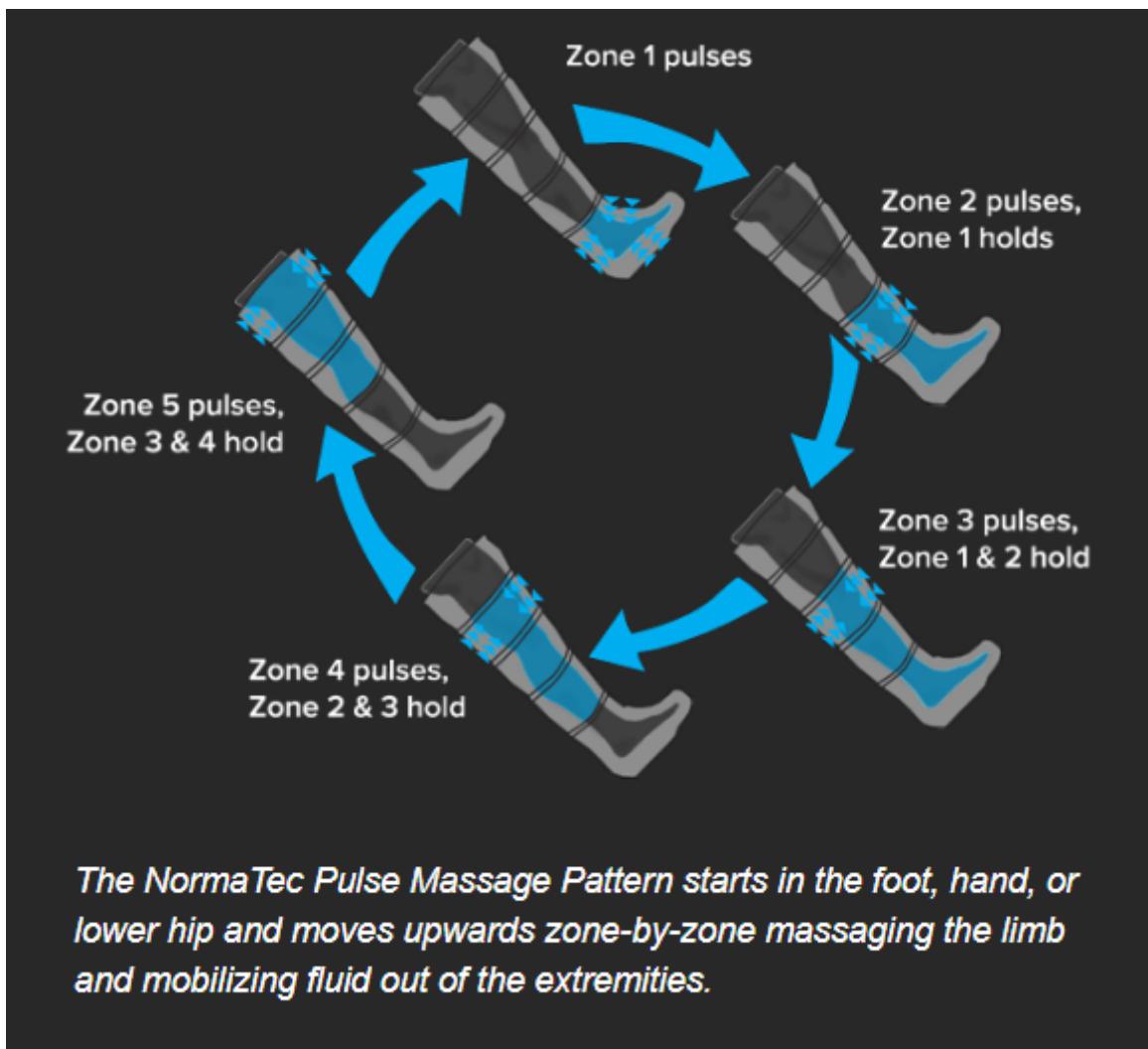
Does NormaTec help with Injuries?

In addition to general recovery, NormaTec is used to speed healing of injury. Reducing inflammation and improving blood flow can help reduce healing time. Injuries that are commonly treated with the help of NormaTec include Achilles Tendonitis, Ankle or knee sprains, elbow and shoulder sprains and a list of overuse injuries (tennis elbow, carpal tunnel, etc.).

How does it work?

The NormaTec Pulse Massage Pattern

The most important element for effective compression is the massage pattern. NormaTec's founder, Laura F. Jacobs, MD, PhD, a physician bioengineer, realized this fundamental principle when she developed and patented the Sequential Pulse Pneumatic Waveform.



Unlike more simplistic compression patterns, NormaTec Pulse Technology is based on normal physiology, and it synergistically combines three distinctive massage techniques to speed the body's normal recovery process: pulsing compression,

gradients, and distal release. Through these mechanisms, the NormaTec Recovery System maximizes circulation throughout the body to help you train harder, recover faster, and perform better.

Created by a physician bioengineer (MD, PhD) to enhance blood flow and speed recovery, NormaTec Pulse Massage Pattern employs three key techniques to maximize your recovery:

PULSING: Instead of using static compression (squeezing) to transport fluid out of the limbs, Sequential Pulse Technology uses dynamic compression (pulsing). Our patented pulsing action more effectively mimics the muscle pump of the legs and arms, greatly enhancing the movement of fluid and metabolites out of the limbs after an intense workout.

GRADIENTS: Veins and lymphatic vessels have one-way valves that prevent fluid backflow. Similarly, NormaTec Pulse Technology uses hold pressures to keep fluids from being forced in the wrong direction. Because of this enhancement, instead of tapering pressure off, the PULSE and PULSE PRO can deliver maximum pressure in every zone.

DISTAL RELEASE: Because extended static pressure can be detrimental to the body's normal circulatory flow, Sequential Pulse Technology releases the hold pressures once they are no longer needed to prevent backflow. By releasing the hold pressure in each zone as soon as possible, each portion of the limb gains maximal rest time without a significant pause between compression cycles.

Goal

The goal for NormaTec is to flush out the bad and get the good in, all while allowing the athlete to recover in a comfortable setting. Many athletes not only use NormaTec for recovery, but also during their pre-game routine to help prepare their bodies for the upcoming games. The idea that NormaTec can help athletes stay fresh for game day helped them come up with their motto “Fresh Legs Faster”.

Customer Base

In 2015, NormaTec became the official recovery room for its hometown Boston Celtics. The Celtics now use NormaTec Recovery Systems to help their players stay fresh on the court and maximize their performance. NormaTec has also made their way into NFL locker rooms as well, becoming the official recovery room for the St. Louis Rams. Although the Rams are the only team to have an official NormaTec Recovery Room, many other teams use NormaTec systems. According to Jacobs, an undisclosed NFL team recently purchased a NormaTec Recovery System unit for every player on their active roster, practice squad, and injured reserve. NormaTec has also worked with the United States Olympic Committee to provide Olympic athletes with recovery systems.

NormaTec isn’t only for professional athletes, they are the official recovery system of Ironman competitions and also work with Crossfit gyms throughout the country to help every day athletes recover.

What Makes NormaTec Recovery Systems The Best?

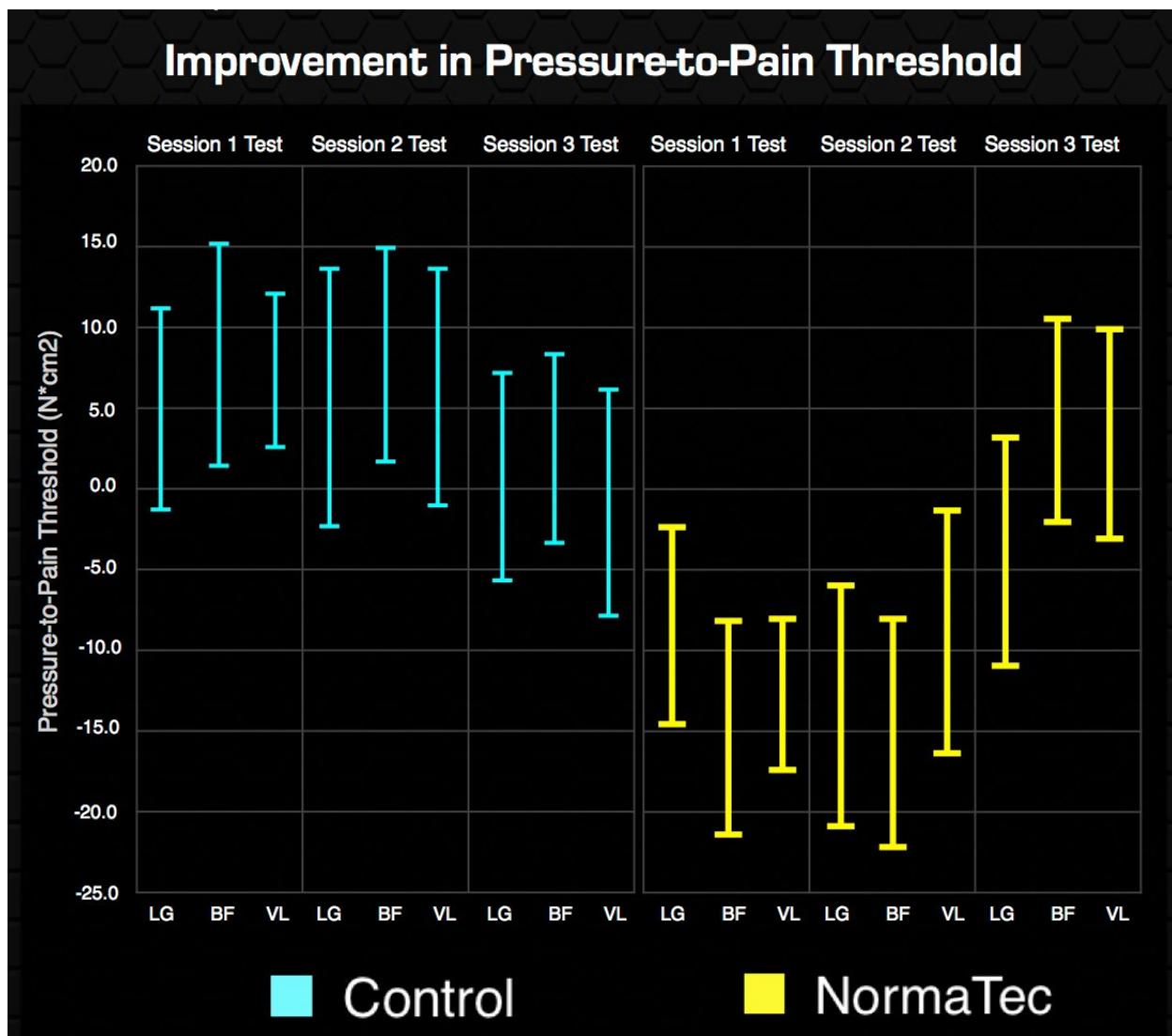
Compression technology has been around for decades in both static and simple dynamic forms. But the NormaTec Pulse Technology found in NormaTec Recovery Systems takes dynamic compression to a new level. This unique pneumatic waveform, which is exclusive to NormaTec products, is designed to externally compress the limbs in a way that mimics normal physiology, featuring a sophisticated pulsing, gradient,

and distal release compression pattern. Initially developed for medical patients with severe circulatory and peripheral vascular disorders, the NormaTec Recovery System is now the most effective recovery tool for athletes who want maximum performance recovery.

Why does it work?

Evidence Summary

They found positive results in six studies and found no effects in three studies for the recovery of jumping power, strength and anaerobic endurance.



The difference between those two are the type of training, positive results are mostly found if recovery boots are applied after (anaerobic) endurance training. Examples are 40min interval training on a bike, sprint training or cycling until exhaustion.

The reason why RB work well after (anaerobic) endurance training is likely found in its ability to reduce lactic acid after a training. These types of training are well known for producing lactic acid, a byproduct of anaerobic metabolism. Lactic acid is broken down into lactate and hydrogen ions, and is then used to produce energy.

But lactic acid will built up in the bloodstream and muscles when the production exceeds the clearance rate. This will give the burning sensation during high intensity training. Recovery boots speed up the clearance of lactic acid, although this can also be achieved by active recovery (light cycling or jogging).

The effectiveness of the compression therapy is proven by many clinical studies. The most important ones are listed in the following sections.

Published Studies

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.

<http://www.ncbi.nlm.nih.gov/pubmed/24531439>

PERISTALTIC PULSE COMPRESSION UPREGULATES PGC-1A 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.

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.

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.

Other Supportive Studies

A single bout of whole-leg, peristaltic pulse external pneumatic compression upregulates PGC-1 α mRNA and endothelial nitric oxide synthase protein in human skeletal muscle tissue

<https://www.ncbi.nlm.nih.gov/pubmed/25982469>

Effects of Intermittent Pneumatic Compression on Delayed Onset Muscle Soreness (DOMS) in Long Distance Runners

<https://engagedscholarship.csuohio.edu/cgi/viewcontent.cgi?referer=https://www.google.com/&httpsredir=1&article=1715&context=etdarchive>

The effect of intermittent pneumatic compression on the management of pain associated with delayed onset muscle soreness

<https://scholarworks.uni.edu/cgi/viewcontent.cgi?article=1288&context=etd>

Comparison of a Pneumatic Compression Device to a Compression Garment During Recovery from DOMS

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5955306/>

Does external pneumatic compression treatment between bouts of overreaching resistance training sessions exert differential effects on molecular signaling and performance-related variables compared to passive recovery? An exploratory study

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5491247/>

Does intermittent pneumatic leg compression enhance muscle recovery after strenuous eccentric exercise

https://www.researchgate.net/profile/Matthew_Barnes7/publication/236254832_Does_Intermittent_Pneumatic_Leg_Compression_Enhance_Muscle_Recovery_after_Strenuous_Eccentric_Exercise/links/5648e27c08ae9f9c13ebac5c.pdf

Effect of lower limb compression (NormaTec) on glycogen resynthesis

<https://scholarworks.umt.edu/etd/1396/>

Acute effects of peristaltic pneumatic compression on repeated anaerobic exercise performance and blood lactate clearance

[https://journals.lww.com/nsca-jscr/Fulltext/2015/10000/Acute Effects of Peristaltic Pneumatic Compression.29.aspx](https://journals.lww.com/nsca-jscr/Fulltext/2015/10000/Acute_Effects_of_Peristaltic_Pneumatic_Compression.29.aspx)

Externally applied compression therapy for Fontan patients

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5803019/>

The effect of intermittent pneumatic compression on the management of pain associated with delayed onset muscle soreness

<http://scholarworks.uni.edu/cgi/viewcontent.cgi?article=1288&context=etd>

A Preliminary Study on External Counterpulsation System: An Alternative Therapeutic Option for Fontan Patients

<https://scholarscompass.vcu.edu/etd/3825/>

Intermittent Pneumatic Compression Technology for Sports Recovery

[https://www.researchgate.net/publication/225232820 Intermittent Pneumatic Compression Technology for Sports Recovery](https://www.researchgate.net/publication/225232820_Intermittent_Pneumatic_Compression_Technology_for_Sports_Recovery)

Intermittent pneumatic compression effect on eccentric exercise-induced swelling, stiffness, and strength loss

[https://www.researchgate.net/publication/15567278 Intermittent pneumatic compression effect on eccentric exercise-induced swelling stiffness and strength loss](https://www.researchgate.net/publication/15567278_Intermittent_pneumatic_compression_effect_on_eccentric_exercise-induced_swelling_stiffness_and_strength_loss)

The effect of intermittent sequential pneumatic compression on recovery between exercise bouts in well-trained triathletes

<http://search.proquest.com/openview/2d39d390ec3fbeef8052207e30ddc0bf/1?pq-origsite=gscholar&cbl=2031905>

DYNAMIC COMPRESSION ENHANCES PRESSURE-TOPAIN THRESHOLD IN ELITE ATHLETE RECOVERY: EXPLORATORY STUDY

http://edmondcryotherapy.com/pdfs/NormaTec/Journal%20of%20Strength%20and%20Conditioning_Soreness_Published.pdf

Peristaltic Pulse Dynamic Compression of the Lower Extremity Enhances Flexibility

http://journals.lww.com/nsca-jscr/Abstract/2014/04000/Peristaltic_Pulse_Dynamic_Compression_of_the_Lower.25.aspx

NormaTec Studies

Lymphedema of the Hand & Forearm Following Fracture of the Distal Radius

David A. Kasper, DO, MBA; Menachem M. Meller, MD, PhD

Orthopedics, 2008; 31:172

A full functional outcome for our patient, who had chronic, clinically significant symptoms, was achieved in a brief period of time after numerous other treatments failed. The NormaTec Pulse Compression strategy dynamically decongested the edematous tissues, and her hand and wrist range of motion improved markedly.

[PubMed »](#)

Postoperative Use of the NormaTec Pneumatic Compression Device in Vascular Anomalies

Talbot SG, Kerstein D, Jacobs LF, Upton J. C

Department of Plastic Surgery, Children's Hospital, Boston, Mass., 2012

Peripheral surgical wounds can be complicated by several common sequelae including operative site edema, distal limb edema, wound dehiscence, hemorrhage, hematoma,

infection, tissue necrosis, and deep vein thrombosis. Significant postoperative complications were prevented with the use of a novel dynamic compression device employing peristaltic pulse pneumatic compression.

[PubMed »](#)

Sequential gradient compression enhances venous ulcer healing: a randomized trial.

Smith PC, Sarin S, Hasty J, Scurr JH.

Surgery 108:871-875, 1990

A randomized study was undertaken to compare two regimens of treatment for patients with venous ulcers. The results indicate that sequential gradient intermittent pneumatic compression is beneficial in the treatment of venous ulcers, where the median rate of ulcer healing in the control group was 2.1% area per week, compared to 19.8% area per week in the intermittent pneumatic compression group.

[PubMed »](#)

Intermittent pneumatic compression for treating venous leg ulcers.

Nelson EA, Mani R, Vowden K.

Cochrane Database of Systematic Reviews Issue 1, 2009.

IPC may increase healing compared with no compression, but it is not clear whether it increases healing when added to treatment with bandages, or if it can be used instead of compression bandages. Rapid IPC was better than slow IPC in one trial. Further trials are required to determine whether IPC increases the healing of venous leg ulcers when used in modern practice where compression therapy is widely used.

[PubMed »](#)

Standard, appropriate, and advanced care and medical-legal considerations: part two - venous ulcerations..

Ennis WJ, Menese P.

J Vasc Nurs 15:107-122 (2003).

This paper reviews the pathogenesis of venous ulcers, and reviews treatment options keeping in mind the different concepts of standard care, appropriate care, and

advanced care. Numerous advanced care technologies for venous ulcers are examined. It concludes that all venous ulcer patients should be treated with compression and appropriate local care prior to considering systemic therapy.

[Online Article »](#)

Treatment of congenital lymphedema with sequential intermittent pneumatic compression therapy.

Avery KB, Solomon AD, Jacobs LF.

The Foot 10:210-215 (2000).

A case of a five-month-old male patient with unilateral congenital lymphedema of the lower extremity is presented. The patient was successfully treated with pneumatic compression therapy. A review of the literature regarding congenital lymphedema and its treatment is presented and discussed.

[Journal Abstract »](#)

A comparison of compression pumps in the treatment of lymphedema.

Bergan JJ, Sparks S, Angle N.

Vascular and Endovascular Surgery 32:455-462 (1998).

This study aimed to ascertain whether a unicompartmental nongradient pump, a three-compartment pump, or a multicompartmental gradient pressure pump would be most effective to produce a reduction in treated limb volumes in primary and secondary lymphedema. Results were best achieved by multicompartment sequential compression. Limb volume reduction by single or three compartment devices is decidedly less effective in treatment of lymphedema.

[Journal Abstract »](#)

A systematic review of common conservative therapies for arm lymphedema secondary to breast cancer treatment.

Moseley AL, Carati CJ, and Piller NB.

Annals of Oncology 18:639-646 (2007).

Secondary arm lymphedema is a chronic and distressing condition which affects a significant number of women who undergo breast cancer treatment. This systematic review undertook a broad investigation of commonly instigated conservative therapies for secondary arm lymphedema including; complex physical therapy, manual lymphatic drainage, pneumatic compression pumps, oral pharmaceuticals, low level laser therapy, compression bandaging and garments, limb exercises and limb elevation.

[PubMed »](#)

Intermittent pneumatic compression in immobile patients.

Partsch H.

International Wound Journal 5:389-397 (2008).

The purpose of this study is to stress the value of using intermittent pneumatic compression (IPC) in immobile patients. The use of IPC helps prevent limb edema and the associated skin changes frequently seen on the legs of the immobile patient. IPC is a very effective treatment modality, especially in immobile, wheelchair-bound patients.

[PubMed »](#)

Source Links

1. <http://www.NormaTecusa.com/healthcare-professionals/research/>
2. <https://www.NormaTecrecovery.com/shop/default.aspx?cookie=notice>
3. <https://www.NormaTecrecovery.com/how-compression-works/system-features/>
4. <https://www.NormaTecrecovery.com/how-compression-works/how-and-science/>
5. <https://www.washparkchiro.com/blog/59314-NormaTec-recovery-fact-or-fad>
6. <https://triathlonmagazine.ca/gear/NormaTec-recovery-system-worth-hype/>
7. <https://bengreenfieldfitness.com/ben-recommends/muscle-gain/NormaTec-recovery-boots-pulsing-compression-gear-lighting-speed-recovery/>
8. <http://www.cryousasolutions.com/wp-content/uploads/2017/02/NormaTec-Product-Sheet-sans.pdf>
9. <https://www.henryschein.com/us-en/Images/Athletics-Schools/NormaTec-Henry-Schein-Brochure.pdf>
10. <http://apcraleigh.com/programs/NormaTec-recovery-boots/>
11. <https://www.elivatefitness.com/medias/NormaTec-Pulse-User-Manual.pdf?context=bWFzdGVyfHJvb3R8MjY1NTA5OXhcHSaWNhdGlvbi9wZGZ8aDc2L2hkNy84OTUyNjgxOTU1MzU4LnBkZnwzNmE0M2ZmMmRiNWFIZWZjZjA2ZjhmMGYxZmZkZDhkMWVmYjZkYjY0ZWU3ZGQwNmQ1OTY1NzJhMGE1YWY0ZWMw>
12. <http://www.recoveryaftertraining.net/will-recovery-boots-speed-recovery/>
13. <https://www.cryotherapyjax.com/how-it-works-1>
14. <https://www.sporttechie.com/how-NormaTec-is-changing-the-way-that-all-athletes-prepare-and-recover-to-stay-at-the-top-of-their-game/>
15. <https://cryorva.com/news/2016/12/17/benefits-of-NormaTec-devices>
16. <http://www.matthansontri.com/2017/11/08/when-and-why-i-use-NormaTec-recovery/>
17. <https://restorecryotherapy.com/services/compression-therapy/>
18. https://cdn.shopify.com/s/files/1/0978/6226/files/NormaTec_PulseandPulsePro_brochure_email_102115.pdf
19. <http://blog.insidetracker.com/sports-compression-what-the-science-is-revealing>