



NormaTec® Recovery Systems are cutting-edge, commercial grade compression devices that enhance the body's natural ability to recover. Using NormaTec's full-length leg, arm, or hip compression attachments rejuvenates muscle tissue and dramatically reduces tightness and soreness.

## **HOW IT WORKS: BIOMIMICRY**

### **PULSING**

Instead of using static compression (squeezing) to transport fluid out of the limbs, NormaTec® Pulse Technology uses dynamic compression (pulsing). The 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 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.