



A NormaTec® session involves exposure to vasopneumatic compression for a short period of time (10-20 min). An Exercise Physiologist will be present the entire session. Additionally, you are free to end the session at any time. If you experience any pain or physical discomfort at any time during the session, you are advised to terminate the session immediately upon your own volition.

### **Contraindications:**

- Current or unstable fractures/breaks
- Recent surgery and have sutures/stitches
- Open wounds, contusions, abrasions
- Suspect or known Acute deep vein thrombosis (DVT) (blood clot)
- Severe atherosclerosis (disease of the arteries)/Ischemic vascular disease (IVD)
- Severe congestive cardiac failure (CHF)
- Existing pulmonary edema (having excess fluid in the lungs)
- Existing pulmonary embolism (blood clot in the lungs)
- Extreme deformity of the limbs
- Any local skin conditions such as gangrene, untreated or infected wounds, recent skin graft, or dermatitis
- Known presence of malignancy in the legs or arms
- Limb infections, including cellulitis that have not been treated
- Presence of Lymphangiosarcoma (a rare cancer due to long-standing lymphedema of the upper/lower extremities)

### **User Guidelines**

1. **Please bring your signed waiver to your first appointment. Minimum age of 16 can use NormaTec® Compression Therapy, but parent/guardian must sign the waiver and accompany minor to their first session.**
2. **Wear comfortable clothing that lays flat.**
3. **Do not wear Denim.**
4. **Do not wear clothes with zippers.**
5. **No rashes or open wounds.**
6. **No body jewelry.**
7. **Please wear a mask.**
8. **Properly hydrate after your session.**

**If you have any questions prior to your appointment please contact the Exercise Physiology department at (559) 624-3450.**