

# NormaTec

Taylor Canfield MS, ATC, LAT



# What is NormaTec?

- Compression Recovery Therapy
- Intermittent Pneumatic Compression (IPC)
  - Leg and Arm attachments: different sizes
  - 7 Different compression levels
  - Time adjustable in increments of 5
  - Compression in 5 different zones: From Feet to Hip

- [hyperice.com/technology](https://hyperice.com/technology)





# 3 Techniques to NormaTec

- Pulsing
- Gradients
- Distal Release

- [Hyperice.com/technology](https://hyperice.com/technology)





# Indications and Contraindications

- Indications
  - Minor muscle aches, pain
  - Muscle soreness
  - Post exercise or workouts
  - Increase circulation in treated areas
- Contraindications
  - Current or unstable fractures or breaks
  - Recent surgery and have sutures or stitches
  - Open wounds, contusions, or abrasions
  - Acute deep vein thrombosis
  - Severe atherosclerosis or other ischemic vascular diseases
  - Severe congestive cardiac failure
  - Existing pulmonary edema



# Other IPC Brands





# Research

- 3 Groups post Wingate Bike Test
  - 21 female student athletes (Field Hockey or Lacrosse) 18-25
    - Group 1 – Sat with legs elevated, hips 90, knees fully extended
    - Group 2 – bike recovery at 40 percent of HRR
    - Group 3 – Placed on an IPC (NormaTec) Recovery System
  - Results
    - Mean Bla immediate Post-Wingate 9.94mM/L
    - Group 1 – 20 minute Post-Wingate 12.61mM/L
    - Group 2 – 20 minute Post-Wingate 7.49mM/L
    - Group 3 – 20 minute Post\_Wingate 8.36mM/L
- Hanson, E, Stetter, K, Li, R, Thomas, A. An Intermittent Pneumatic Compression Device Reduces Blood Lactate Concentrations More Effectively Than Passive after Wingate Recovery. SciTechnol, July 20, 2013.



# COST?

- NormaTec Base Package - \$900
- Other Brands - \$600 - \$1000
- Individual Sleeves - \$200 - \$400





# Questions?

- Google Search
- Hanson, E. Stetter, K. Li, R. Thomas, A. An Intermittent Pneumatic Compression Device Reduces Blood Lactate Concentrations More Effectively Than Passive after Wingate Recovery. SciTechnol, July 20, 2013.
- <https://hyperice.com/technology>
- <http://news.meyerdcc.com/chiropractors/build-your-practice/normatec-research-validating-peristaltic-pulse-dynamic-compression>