

## Research on Normatec® Line

Peer Reviewed and Published

### Lessen Pain Sensitivity

Normatec Pulse compression is a promising means of accelerating and enhancing recovery by reducing muscle tenderness from pressure stimuli.

- Journal of Strength and Conditioning 2015

### Increase Range of Motion

Normatec Pulse compression rapidly enhances acute range-of-motion with less discomfort and time.

- Journal of Strength and Conditioning 2014

### Pulse Compression as a Treatment for DOMS

A 30-minute treatment of Normatec Pulse compression increases blood flow in the lower extremity, possibly making Pulse compression a viable option in the management of exercise-induced muscle damage (DOMS).

- Journal of Athletic Training 2016

### Decrease Muscle Fatigue After Acute Exercise

Normatec Pulse compression increases flexibility and reduces select skeletal muscle oxidative stress and proteolysis markers during recovery from heavy resistance exercise.

- PLOS One Medical Journal 2017

### Clear Metabolites Passively

Normatec Pulse compression significantly lowers blood lactate concentrations when compared to a passive recovery group.

- Journal of Athletic Enhancement 2013

### Increase Oxygenated Hemoglobin

Normatec Pulse compression significantly increases total and oxygenated hemoglobin.

- Journal of Sport Rehabilitation 2018

### Improve Endothelial Function

A single bout of Normatec Pulse compression improves conduit artery endothelial function systemically and improves RH blood flow in the compressed limbs.

- European Journal of Applied Physiology 2015

### Gene Expression in Human Muscle Tissue

A 60 min bout of whole-leg, Normatec Pulse compression transiently upregulates PGC-1 mRNA, while also upregulating eNOS protein and NOx concentrations in biopsy samples.

- Journal of Experimental Physiology 2015