



Normatec[®] 3

Dynamic air compression
for rapid recovery



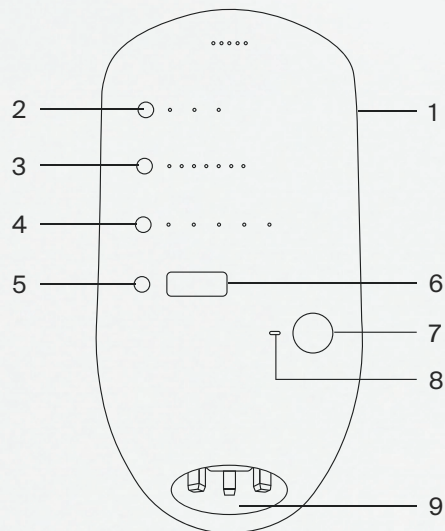
What's it for?

Normatec 3 is the next evolution of the iconic Normatec series, using dynamic air compression to advance your wellness, recover faster, improve your training, and maximize your performance. Normatec's patented precision pulse technology

helps to increase circulation, revive muscles, and reduce swelling and has long been the choice of elite athletes and consumers throughout the globe.

How do I use it?

Control unit



Legend

1. Power button
2. Attachment selection button
3. Pressure level button
4. ZoneBoost™ button
5. Time adjustment
6. Display screen
7. Start/Stop button
8. Bluetooth® status indicator
9. Air outlet and power inlet

- Pull Normatec 3 Legs on so that your foot is comfortably placed at the end
- Connect Normatec hose to control unit
- Connect other end of hose to the top of each leg
- Turn control unit on by pressing the power button on the side of the device
- Select attachment type (legs), pressure, ZoneBoost™ and time
- Press the Start/Stop button to begin your session

How long should I use it?

At least 15–20 minutes. See reverse for detailed usage recommendations.

Usage recommendations

Pre-workout

- High-tech warm-up, promote blood flow (10–20 minutes)

Post-workout recovery

- Speed up muscle recovery, decrease muscle fatigue and stiffness (20–60 minutes)minutes in 1+ sessions per day)

Injury rehab (acute & chronic) / post-op rehab

- Reduce edema, tension, and stiffness; maintain ROM, prevent further injury
- Incisional healing (20–60+ minutes in 1+ sessions per day)

Cutting-edge Normatec research

Dynamic compression enhances pressure-to-pain threshold

Journal of Strength & Conditioning Research
2015 May

Peristaltic pulse compression of the lower extremity enhances flexibility

Journal of Strength & Conditioning Research
2015 May

Pulse compression as a treatment for DOMS

Journal of Athletic Training
2016 June

Decrease muscle fatigue after acute exercise

PLoS One Medical Journal
2017 February

The technology

Created by a physician bioengineer (MD-PhD) to enhance blood flow and speed of recovery.

Patented Normatec Pulse compression

- Pulsing - dynamic compression mobilizes fluid
- Gradient hold - prevents fluid backflow
- Distal release - allows normal circulation

