

# RECOVERY SESSION

with the **NORMATEC PULSE 2.0**

## GET TO KNOW NORMATEC

### NORMATEC IS

High tech recovery massage

The leader in rapid recovery and proven to give clients a competitive edge.

Dynamic compression for clients who are active, such as those who have a physically demanding lifestyle, are on their feet all day, experience sore muscles, etc.

### STUDIES SHOW NORMATEC HELPS

- Enhance healthy circulation
- Decrease muscle soreness and fatigue
- Increase flexibility
- Speed recovery
- Promote relaxation

## NORMATEC SESSION

### BEFORE THE RECOVERY SESSION

Remove shoes

Empty pockets

Clothes should be comfortable and soft (KT tape is fine)

If needed, use a towel to remove any massage lotions or oils from the skin

### GOOD TO KNOW

**TYPICAL SESSION TIME** 20 – 60 minutes

**LOW PRESSURE\*** Levels 1 – 3; high tech warm-up, promote blood flow

**AVERAGE PRESSURE\*** Levels 4 – 7; recovery massage to speed up muscle recovery, decrease muscle fatigue and stiffness

For clients experiencing NormaTec for the first time, we recommend lower pressure levels\*.

\*All pressure levels should be based on client preference. Outstanding results can be achieved at low pressures; a client does not need to use high pressure to recover faster.

**ZONE BOOST** provides extra time and pressure in a particular zone. To turn Zone Boost on or off, tap the zone you wish to boost on the attachment graphic on the home screen.

**TO PAUSE THE SESSION** at any time, tap the pause button on the home screen. This will temporarily stop the session. To resume a paused session, tap the resume button.

## MAINTENANCE AND CARE

**CLEANING** Attachments and hose should be wiped down with a disinfectant wipe after each client.

**STORAGE** When not in use, hang the attachments on hooks or place in drawer.

**GENERAL** The NormaTec Recovery System attachments and device should be kept away from liquids to avoid damage.

## SETTING UP THE NORMATEC PULSE

**STEP 1** Select the appropriate attachment (legs, hips, arms) for the client's needs.

If using the leg attachments, choose the appropriate size: the standard leg attachment will fit most clients. For clients with a wider thigh circumference, "power" size leg attachments are available in all heights.

Short Boot	Standard Boot	Tall Boot
Up to 5'3"	5'3" to 6'3"	Greater than 6'3"

**STEP 2** Help the client get the attachment(s) on and zip them all of the way up (legs) or fasten all buckles (hips/arms).

Buckle straps do not need to be cinched tight. All attachments custom mold to the client's body every time.



Leg Attachment



Hip Attachment



Arm Attachment

**STEP 3** Connect the hose to the air outlet on the front of the PULSE 2.0 device.



1. Power Button
2. Air Outlet and Power Inlet

**STEP 4** Connect the hose to the attachment.



**STEP 5** Press the Power Button on the top of the PULSE Control Unit to turn on the system.

**STEP 6** Adjust the number of zones, if necessary. (Such as if using a short let attachment, a let attachment that is too long, or the hip attachment.)

- To enter zone edit mode, set power level to 1 and then hold the '-' button to the left of the power level on the PULSE 2.0 device down for four seconds (until the top enabled zone of the boots begins blinking).
- When in zone edit mode, the top enabled zone on the screen's boot graphic will blink. Use the '+' and '-' buttons on the PULSE 2.0 device to increase or decrease the number of enabled zones. At least one zone must be enabled.
- To save and exit zone edit mode, press the play/pause button on the PULSE 2.0 device.

**STEP 7** Set the session time.



**STEP 8** Set the intensity level.



**STEP 9** Press the play/pause button to begin the session.



**STEP 10** The session will begin by custom molding attachment(s) to the body using the lightest pressure setting to calibrate each zone. The custom mold phase takes about 90 seconds.

## THE NORMATEC MOBILE APP

Use the NormaTec Mobile App to control the device, save and favorite custom settings, and track and share session data.

To pair your smartphone with the PULSE PRO 2.0:

**STEP 1** Download the NormaTec Mobile App to your smartphone.

**STEP 2** Check your PULSE PRO 2.0 device's screen for the Bluetooth icon in the upper right. If it is not visible, press the Bluetooth button on the top of the device.

**STEP 3** Open the NormaTec Mobile App. Register or login to the app, and then press the Bluetooth button on the top of the device to initiate pairing.

**STEP 4** Enter the three-digit code that appears in the device's time readout into the NormaTec Mobile App to finalize pairing.