

RESEARCH ON NORMATEC

PEER REVIEWED *and* PUBLISHED

NormaTec is committed to advancing the science of compression—paving the way to better clinical outcomes. We fund independent studies exploring the effects of peristaltic pulse compression. Below is a summary of recently published studies.

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 α mRNA, while also upregulating eNOS protein and NOx concentrations in biopsy samples.

Journal of Experimental Physiology 2015

NormaTec Pulse compression appears to upregulate rps6 and downregulate Stat1, which may facilitate positive adaptive responses to exercise.

Clinical Physiology & Functional Imaging 2016