

Experience the Normatec 3®



What is the Normatec 3?

Dynamic air compression for rapid recovery

What's it for?

- Increase circulation
- Speed lactate clearance
- Relieve muscle soreness
- Increase mobility

How do I use it?

- Attach the hose to the air outlet on the control unit
- Turn the control unit on by pressing the power button on the side of the device (the screen will turn on)
- Put on the desired attachments (legs, arms, or hips)
- Connect your attachments to the hose
- Adjust your pressure level and time, then press the start 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

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

- Reduce edema, pain and stiffness; increase ROM, prevent further injury; speed
- Incisional healing // 20-60+ minutes (in 1+ sessions per day)

Trusted by pros & backed by research

Dynamic compression reduces pain and improves ROM for Acute Low Back Pain

Journal of Physical Therapy and Sports Medicine 2022 July

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

Cutting edge Normatec research

Decrease muscle fatigue after acute exercise

PLoS One Medical Journal 2017 February

Dynamic compression enhances pressure-to-pain threshold

Journal of Strength & Conditioning Research 2015 May

