firefly™
recover–improve–excel

ENHANCE
SPORTS RECOVERY

PROVEN MEDICAL SCIENCE FOR ENHANCED BLOOD CIRCULATION

"I have found the firefly™ to be one of the simplest recovery devices on the market. Used after high intensity exercise, the firefly™ has made a real difference to the team. The increase in blood flow reduces muscle soreness for 'next day' fresh legs, particularly when used for recovery during travel. Highly effective, the firefly™ device is an important addition to Anaheim Ducks' recovery protocol."

Joe Huff
Head Athletic Trainer, Anaheim Ducks

firefly™ OnPulse™ TECHNOLOGY

www.fireflyrecovery.us

firstkind
living science

OnPulse™ TECHNOLOGY

Small electrical impulses (powered by OnPulse™ technology) gently activate the muscle pumps of the lower leg, emulating the blood flow normally achieved by walking (up to 60%).

- Recovery 3 x faster than compression - 24 hrs vs 72 hrs[1]
- Increases blood flow - up to 60% of walking
- Decreases muscle soreness after intense exercise
- Faster muscle recovery
- Small, light & comfortable to wear
- Easy & quick to fit

"The USA Field Hockey Olympic team have been using firefly™ systematically throughout all major competitions as a means to help facilitate a higher rate of recovery between games. The firefly™ units are a key component to our current recovery protocols both in competition and during extended periods of travel. It has been in place with the Olympic team for over 3 years and its recovery benefits have been validated through the daily monitoring and profiling measures conducted with the team."

David Hamilton Director of Performance Science, USA Women's Field Hockey
(Now Assistant Athletic Director for Applied Health & Performance Science, Penn State)

[1] Ferguson R, Dodd M, Paley V, "Neuromuscular electrical stimulation via the peroneal nerve is superior to graduated compression socks in reducing perceived muscle soreness following intense intermittent endurance exercise", Eur J Appl Physiol 2014 June 21

Athletic Recovery & Performance LLC
2276 Evans Street,
Fullerton, CA 92833

310-628-5163
anthony@athleticrecovery.net

www.athleticrecovery.net

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SFLPCALLUSA0085