

COMPRESSION THERAPY



WHAT IS COMPRESSION?

No pressure, no diamonds! Compression may help your body improve the flow of blood and lymphatic fluid, boost recovery, circulation and healing. This relaxing treatment applies controlled, dynamic pressure to extremities like the arms, legs and hips using NormaTec Pulse Rx 2.0 technology—the gold standard in Compression. Intended to treat various lymphedema conditions, including venous insufficiency, and may help prevent deep vein thrombosis in sessions of just 30-60 minutes each.

WHAT IS A COMPRESSION SESSION LIKE?

Not sure what to expect from your Compression session at Restore? Compression is a relaxing experience that may feel quite similar to a massage. After completing a simple waiver, our expert staff will have you lay down on one of our comfortable lounge chairs, and put our NormaTec Compression boots on your legs. Our Compression boots are comfortable, flexible devices that cover your foot all the way up to over your knee. During your session, you lay back and relax while the boots gradually fill with pressurized air and then empty out. The result is a light, controlled pressure on your extremities. You can also choose to place the Compression sleeves on your arms. With our Compression session, you're in control! You can choose the level of pressure you prefer, and the time you'd like to spend enjoying Compression.

HOW DOES COMPRESSION WORK?

Compression can be an effective way to improve your overall circulation and blood flow. Compression works by adding controlled, dynamic to pressure to areas where flow may be slightly restricted. This means that Compression can help you to loosen venous pressure, and may aid the body in moving blood toward the heart. Compression can be particularly helpful to massage and loosen stiff muscles and joints after a long run or tough workout. This is because Compression may help lactic acids and other build-up in bodily tissues release and be carried through the body. Compression can help to process these wastes, thereby speeding up the time it takes your muscles to recover.

OVERVIEW

The Compression session ranges from 30-60 minutes

We offer legs, hips and arms in our Normatec compression sleeves

This is not a hot or cold service

This service can be combined with IV therapy to speed up your recovery

