



**FOR TRAINING
PREPARATION,
RECOVERY
and
TREATMENT of TISSUE
INJURIES**

(muscles, tendons, ligaments)

EndermoSport™ is a proven, mechanical manipulation technique, used extensively in Europe and the USA by leading athletes and sportsmen for training preparation, muscle recovery and the treatment of tissue injuries. The manipulation is carried out using a mechanical device that, when applied to the skin, lifts the tissue by means of negative pressure and massages it between two motorised rollers

In preparation for effort, the technique decreases muscular tension, improving the stretching properties of the muscle and thus decreasing the risk of muscular damage. An added effect is that the extra blood drawn to the muscles increases muscle control and allows maximum effort.

During intense physical activity, 10% of muscular capacity is lost through muscle fibre damage. Left untreated, this damage leads to delayed onset muscle soreness (DOMS) seen after strenuous exercise. With the EndermoSport™ technique, 98% of muscle strength is recovered within 48 hours, decreasing pain and stiffness. Recovery time is significantly reduced.

In cases of injury, such as sprains, tendonopathies and muscular injuries, the EndermoSport™ technique helps to reduce swelling, prevent fibrosis and facilitate healing. This is achieved by increasing the microcirculation to the injured area and mobilizing the tissues to reduce fibrosis and accelerate healing. As the technique uses negative pressure and the aspiration level can be finely controlled, the injury can be treated almost immediately. This helps to reduce scarring and re-injury and enables the athlete to resume training far sooner than before.

