

## 1/ INTRODUCTION TO LPG ENDERMOSPORT

With training schedules becoming more and more intense, calendars overloading and the frequency of competitions and traveling becoming frantic, recovery for an athlete becomes very difficult.

In the business of professional sport, down-time due to fatigue and injury is money lost. Poor performance due to an inability to recover sufficiently quickly is also de-motivating for any athlete.

Athletes and teams can no longer afford to compromise months of preparation and training by neglecting their recovery.

Many individual athletes as well as professional teams are now doing all they can to ensure that every ounce of 'luck' remains on their side.

'Luck', as they say, comes with training, but now luck comes with **LPG ENDERMOSPORT** therapy!



## 2/ PRESENTATION OF LPG SYSTEMS

The French company, **LPG SYSTEMS**, worldwide leader in massage technologies, is an international company, present in more than 100 countries.

The head office is located in Valence, France, with subsidiaries in Brussels, Fort Lauderdale (Florida), Los Angeles (California) and Buenos Aires. **LPG SYSTEMS** has training centres across the globe, in which professionals are trained in the use of the machines manufactured by **LPG SYSTEMS**. The Valence training centre is the largest one, with more than 1000 physiotherapists trained there every year. In addition, the **LPG** technique is taught as a treatment modality in physiotherapy schools in France.

The effectiveness of the **LPG SYSTEMS** machines and technique is fully acknowledged by the medical world.

**LPG SYSTEMS**, already at the forefront of ongoing medical research and development, developed the **LPG ENDERMOSPORT** technique to restore muscular function, thus confirming **LPG SYSTEMS'** leading position in the optimization of physical abilities and the improvement of performance, health and fitness.



### 3/ WHAT IS LPG ENDERMOSPORT THERAPY?

**LPG SYSTEMS** has designed the S6 Endermosport machine to deliver a consistent standard of tissue mobilization. The technique is a mechanical mobilization technique, which is applied to areas such as muscles, tendons and ligaments.

The suction allows tissue mobilization at different depths, but the real work on the tissues (muscles, tendons and ligaments) is achieved by means of the unique rolled-unrolled tissue fold action.

Muscles, ligaments and tendons are treated by means of the **LPG S6 SPORT** machine. The practitioner adjusts the maneuvers according to the different targets he has set himself: healing, recovery or drainage.

**LPG ENDERMOSPORT** improves both muscular power and explosive strength due to the better management of post-exercise fatigue. **LPG ENDERMOSPORT** is a completely natural therapy, which accelerates the healing ability of the body.



The **LPG ENDERMOSPORT** treatment has become essential for every athlete.



## 4/ THE BENEFITS OF LPG ENDERMOSPORT THERAPY

- **LPG ENDERMOSPORT** provides an optimum training environment for muscles and improves **muscular control**, thereby maximizing training and improving performance.
- The athlete shows **improved flexibility**, thus there is a lower risk of injury.
- After 3 weeks of treatment, **muscular strength** is improved by 5.44% and **muscular power** increases by 7.76%, thereby improving performance.
- **Recovery from fatigue** is 3 times faster; therefore the athlete achieves a greater degree of recovery before the next game or competition. This is especially vital on tour!
- Fatigue, over-training and injury force every athlete to spend time on the bench during his career. With **LPG ENDERMOSPORT** therapy, this '**down time**' is **reduced**.

- **LPG ENDERMOSPORT** is very useful for the **early treatment of injuries**, due to the pre-set programmes and the negative pressure aspiration system. Treatment can be started sooner and therefore healing occurs faster. Early mobilization of injuries causes less scarring. Less time is lost due to injury.
- Using the unique **rhythmicity** function, **LPG ENDERMOSPORT** can be adjusted according to individual **pain levels**.
- **LPG ENDERMOSPORT** offers a **faster and more consistent** treatment than manual massage.
- The **LPG ENDERMOSPORT** is **fully portable** and is supplied with an accessories bag and a hard-shell case for air travel.
- The **LPG ENDERMOSPORT** machine is **easy to use** and complete training, back-up support and machine maintenance is available to all clients.



## 5/ LPG ENDERMOSPORT FIELD VALIDATIONS

Thousands of practitioners use **LPG ENDERMOSPORT** therapy every day. Listed below are some of the most recent international sporting events during which **LPG ENDERMOSPORT** has been used.

### **OLYMPIC GAMES**

#### **NAGANO:**

French Biathlon team

### **WORLD CHAMPIONSHIP**

#### **JUNIOR ATHLETICS:**

French Athletic team

### **SOCCER WORLD CUP:**

French team  
Argentinean team  
Nigerian team



**FRENCH RUGBY TOUR  
TO ARGENTINA:**

University Rugby Team

**FRENCH OPEN TENNIS  
CHAMPIONSHIP:**

Players

**IRON ALPES:**

Athletes

**EUROPEAN KARTING  
CHAMPIONSHIP:**

French drivers

**OLYMPIC GAMES 2000  
SYDNEY:**

**Simon Lessing**

Four times world triathlon champion

**Oliver Marceau**

World triathlon champion

**Felicia Ballanger**

Olympic cycling champion

**Laurent Gane**

World cycling champion

**Fabrice Tiozzo**

World light-heavyweight boxing champion

**Stephane Diagana**

World champion 400m hurdles

The French Swimming Team

**OLYMPIC GAMES 2004  
ATHENS**



## 6/ CONCLUSION

***LPG ENDERMOSPORT*** is the best investment you can make.

Both the players and the medical team will benefit.

In today's pressured world, **time is money**. With the use of ***LPG ENDERMOSPORT***, you will find that

- recovery time is reduced
- healing time is reduced
- treatment time reduced, but the effect is maximized

With the use of ***LPG ENDERMOSPORT***

- training time can be increased
- endurance time is increased
- playing time at top level is increased

