

 **NormaTec® Compression Therapy Liability Waiver**

**Physical Capability Requirements**

Participation in a NormaTec® Compression Therapy session involves exposure to vasopneumatic compression for a short period of time. During the compression therapy session, an ID representative will be present for the entire duration of your session. Additionally, you are free to terminate the session at any time.

**Contraindications**

NormaTec® Compression Therapy is contraindicated for patients with:

* Current or unstable fractures/breaks
* Recent surgery and have sutures/stitches
* Open wounds, contusions, abrasions
* Suspect or known Acute deep vein thrombosis (DVT) (blood clot)
* Severe atherosclerosis (disease of the arteries)/Ischemic vascular disease (IVD)
* Severe congestive cardiac failure (CHF)
* Existing pulmonary edema (having excess fluid in the lungs)
* Existing pulmonary embolism (blood clot in the lungs)
* Extreme deformity of the limbs
* Any local skin conditions such as gangrene, untreated or infected wounds, recent skin graft, or dermatitis
* Known presence of malignancy in the legs or arms
* Limb infections, including cellulitis that have not been treated
* Presence of Lymphangiosarcoma (a rare cancer due to long-standing lymphedema of the upper/lower extremities)
* Only young athletes above the age of 12 should use these boots. Make sure there is an adult in the room to supervise their use of these boots. They should not use them: for more than 30 minutes/day.

In consideration of being permitted by Ackwardturtle LLC dba Industry Dance to participate in their services for NormaTec® Compression Therapy, I understand it may aggravate a pre-existing medical condition, or could lead to injury. I am voluntarily assuming all risks of accident or injury to me (or my child) arising out of or in any way connected with the use of the services, equipment, or facilities of Industry Dance.

I hereby release Ackwardturtle LLC dba Industry Dance, Staff members, teachers, and directors from all liability for any damage, injury, or harm, that may be caused by, a result of, or in any way associated with participation in this service of Industry Dance as a Guest or Member.

I acknowledge that I am at least 18 years of age and otherwise legally competent to sign this release. **Minors require a parent/guardian signature.**

**Printed Name of Participant** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date of Birth** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Signature of Participant \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Zip\_\_\_\_\_\_\_\_\_\_**

**Phone Number (\_\_\_\_\_)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**TO BE READ AND SIGNED BY THE PARENT / GUARDIAN OF MINOR**

I hereby state that I am the parent or guardian of the minor whose name and signature appears above. I have carefully read this agreement and fully understand its contents. I acknowledge that this release of liability is a legally binding contract between Ackwardturtle LLC dba Industry Dance, and me.

**Signature of Parent or Guardian \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Printed Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**What are Normatec Recovery Boots?**

Normatec boots are a revolutionary new technology that is changing the way athletes and physical therapy patients experience post-workout recovery.

Developed by leading scientists and physiotherapists, Normatec boots employ compression technology to help reduce muscle soreness, improve circulation, and reduce inflammation.

These incredibly comfortable boots fit around your lower legs, providing you with an all-in-one solution for rapid recovery from intense exercise.

**How do Normatec Boots Work for Recovery?**

The boots use pulsing compression technology to massage the legs, increase circulation, reduce lactic acid build-up, and flush metabolic waste. This helps stimulate muscle recovery after strenuous exercise and leads to improved performance over time.

Normatec boots use a Normatec Pulse Massage Pattern to massage the limb, mobilising fluid out of the extremities, starting from the foot or lower hip and moving upwards, zone-by-zone.

The pattern consists of three techniques which include:

Pulsing

A dynamic form of compression using Sequential Pulse Technology.

The patented pulsing action more effectively mimics the muscle pump of the legs and arms, greatly enhancing the movement of fluid out of the limbs.

Gradients

Normatec mimics the one-way valve system of your veins, preventing fluid backflow in the wrong direction, using the Normatec Pulse technology.

Distal Release

The Sequential Pulse Technology intelligently releases hold pressures from the Gradient technique to prevent circulatory flow damage from extended static pressure.

By releasing the hold pressure in each zone as soon as possible, each portion of the limb gains maximal rest time without a significant pause between compression.

**Best time to use Normatec Recovery Boots**

Normatec recovery boots are an efficient tool in managing general muscle aches and soreness. Therefore, they are best used on the days after gym or sports training sessions.

Similarly, they can be incorporated into a weekly recovery routine for patients and athletes with a high training load to help prevent tightness and soreness.

Normatec Boots are used for 30 minutes at a time and there is no limit on how frequently they can be used.

Generally, once per week is suitable for most people however higher training loads and activity levels may require more frequent use for optimal recovery

**Recovery Benefits of Normatec Boots**

The benefits of Normatec boots have been found to include:

* Decreasing muscle soreness and inflammation
* Decreasing recovery time
* Increasing circulation
* Reducing swelling and fluid accumulation
* Improving range of motion