

## What is Pneumatic Compression, Lymphatic Drainage Therapy?

Compression Therapy uses inflatable sleeves worn on your legs (or arms) that apply waves of gentle pressure. These waves mimic your body's natural "muscle pump," helping move blood and fluids more efficiently. The device fills with air in a pattern that moves pressure from your feet up toward your core — like a massage that helps your body reset and recover.

## How Does It Work?

*The compression pattern improves:*

- **Lymphatic drainage** – From a holistic perspective, all bodily systems including the nervous system, the cardiovascular system, and the digestive system are highly dependent on proper lymphatic function.
- **Circulation** – Blood and oxygen move more efficiently
- **Waste removal** – Lactic acid and byproducts from exercise are flushed out faster
- **Healing** – Nutrients and immune cells reach tissues that need support

This treatment is commonly used by athletes, people recovering from surgery, and those with poor circulation or complex pain conditions.

## What the Research Shows

Studies over the last decade have found that compression therapy can:

- ✓ Reduce soreness and swelling after workouts
- ✓ Clear blood lactate faster (the stuff that makes muscles feel "heavy" or tired)
- ✓ Help you regain flexibility (even improving splits in athletes!)
- ✓ Support recovery in people with heart or circulatory conditions
- ✓ Decrease inflammation and muscle damage
- ✓ Improve lymph and blood flow — even on the opposite side of the body!

## Is It Right for You?

This therapy is **non-invasive** and **generally safe** for:

- Athletes recovering from workouts or injury
- Post-surgical patients
- People with low back pain or muscle tightness
- Anyone with swelling in their legs or feet

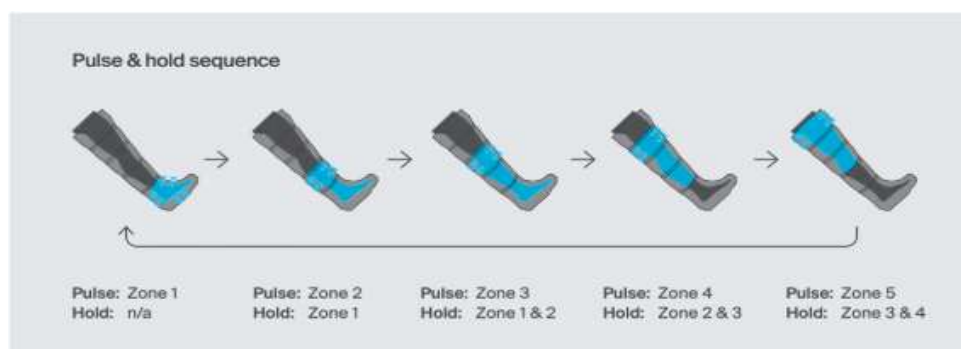
- People with chronic fatigue or poor circulation

## Not recommended if you have:

- Active blood clots (DVT)
- Skin infections (cellulitis)
- Congestive heart failure (unless approved by a Cardiologist)

## What to Expect During a Session

- You'll lie down, sit, or recline in a comfortable position
- Sleeves are placed on your legs
- The device inflates and deflates gently for 15–60 minutes
- Most people feel relaxed and refreshed afterward
- It's quiet, gentle, calming and therapeutic.



## Contact Us if You're Curious

If you're dealing with muscle fatigue, soreness, swelling, or recovering from an injury, **this highly effective therapy might be right for you.**

Ask your CHC doctor if it's right for you.