New Athletic Recovery Lounge Offered at Synergy Sports Performance.

Any athlete knows that rest is essential in recovery and recharging your body. However, many of us fail to give our bodies enough time to fully recover before we jump back into our daily activities. At Synergy Sports Performance, we now offer an Athletic Recovery Lounge, which aims to help athletes rest, recover and recharge. The Recovery Lounge is not limited to only those we train but is open to the public and for anyone feeling sore from a game, practice, training or working out.

Our professional trainers utilize a number of different tools to help assist athletes feel restored. One of our newest equipment is our infrared sauna. Unlike a traditional sauna, which helps you sweat out water weight, the infrared sauna heats your body from the inside out. Several programs can also be run in the sauna to help with weight loss, pain relief and even help to treat a cold.

Another tool we utilize is the recovery pump boots. These thigh high boots compress your legs and help to circulate blood flow and the lymph (fluids excusing from sore or inflamed tissue) to reduce soreness. Starting from your toes, compressions move up the leg, chamber by chamber, until it gets to the thigh. Once all chambers are full, pressure is slowly released and the process restarts. An hour in the recovery pump boots is equivalent to a day of full bed rest.

A final tool we want to highlight is our GameReady unit, which uses hot and cold contrast therapy, in conjunction with compression, to. Instead of sitting in a hot or cold tub, however, our Game Ready unit gives us the ability to isolate therapy to specific areas of pain on the body, whether it is your back, ankles, shoulders or knees. The alteration between vasoconstriction (constriction of blood vessels) with the cold therapy to vasodilation (dilation of blood vessels) with the hot therapy causes a rush of blood to areas of soreness and inflammation and promotes muscle healing.

Synergy Sports Performance has several other tools and techniques to help you rest, recover and recharge. To learn more or schedule an appointment, contact us at www.synergysportsgb.com or (920) 632-4185.
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