



The Recovery Project

by Dr Peter Fowler PhD ESSAM ASpS2 AES

Why the recovery room?

Regardless of your goals, if you don't balance your level of life, work and training stress with quality recovery, then you're more likely to fall short.



Today we live in a technology driven, 24/7 on-call society, where quantity over quality is the norm and 'go hard or go home' is a common saying.

This is undoubtedly taking its toll on our physical and mental health, where it is estimated that inadequate rest and recovery is costing the Australian economy \$14.4 billion per year, in health bills, lost productivity and poor mental wellbeing.

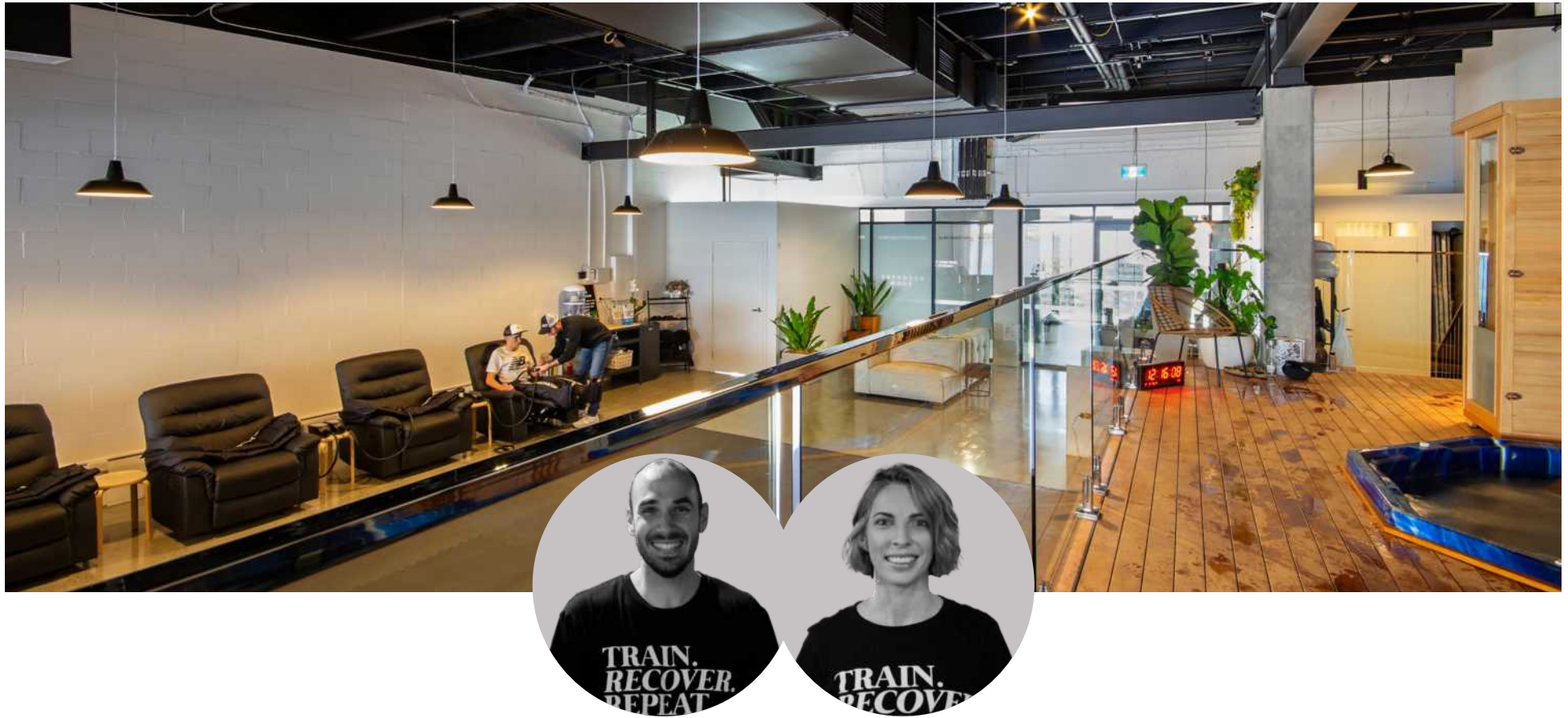
Can you relate? How often has injury, illness and/or fatigue got in the way of you reaching your goals?

Here at The Recovery Project we advocate another way, where quality over quantity is the norm and 'do the minimum effective amount' is a common saying.

Our underlying mission is to ensure that a high level of recovery equipment and knowledge is accessible to anyone.

We don't just provide the equipment, we also provide the knowledge and expertise to maximise the effectiveness of the equipment and help you get the most out of your recovery.

So, want your athletes, clients, students or staff to have access to the benefits of recovery, but not sure where to start? We bring the experience and expertise that makes integrating recovery into your organisation easy. Our Recovery Zones can be customised to meet your budget and space, and we're here to help every step of the way. Read on to find out more.



Who is behind the Recovery Project?

Dr Peter Fowler has a PhD in Sports Recovery and fifteen years of experience working in high performance sport in England, Qatar and Australia. During this time Peter has worked with organisations such as Tottenham Hotspur Football Club, the Australian Institute of Sport and the McLaren F1 team.

Together with his wife, Amanda, Peter has owned [The Recovery Room](#) on the Sunshine Coast for the past 2 years. Tap into their wealth of knowledge and experience and take the guess work out of incorporating a Recovery Zone into your organisation.

What is a Recovery Zone?

We're here to make integrating recovery into your organisation easy.

Our Recovery Zones can be customised to meet your budget and space. We're here to help every step of the way.

HOW MUCH DOES IT COST?

Starting from \$2995, be one of the first to have a Recovery Zone in your organisation.

WHAT DOES IT INCLUDE?

For \$2995 you get the following...

- ✓ 3 x Pneumatic Compression Therapy Full Body Systems
- ✓ 3 x Percussive Massage Therapy Devices
- ✓ Infographics on how to use and the benefits of each piece of equipment
- ✓ 6 months free access to our Members Lounge for all the information you could ever need on recovery
- ✓ Links of where to buy other best value recovery equipment
- ✓ Recovery Project Branding and Signage

ADD additional Pneumatic Compression Therapy Full Body Systems for \$895 each and Percussive Massage Therapy Devices for \$150 each.

PROJECTION

Though there are several ways that you could incorporate a Recovery Zone into your current business model, based on a casual rate of \$20 for a 30 min Recovery Session, with 3 Zero Gravity Chairs you could generate an additional \$960 per 8 h day. What's more, since no additional staff are required to run the Recovery Zone, wages won't cut into your profit margin.

Our Recovery Zones can be customised to meet your budget and space. We're happy to help with the 'how' as much as required.





What are the Benefits?

01 BUSINESS

Additional income stream

Added value for current clients/personnel

Differentiation from your competition

02 PERSONNEL

Work/train more effectively

Reduce risk of injury, illness and absenteeism

03 RESULTS

Improved physical and mental health and performance

Spend more time at work/in the gym rather than at the doctor or physio



Compression Therapy

HOW DOES IT WORK?

Inflammation occurs when strenuous exercise damages your muscle tissue. This leads to an increase in swelling, sensitising your nerves and causing that familiar sensation of pain and soreness following a hard workout.

Our Compression Therapy can help by applying external pressure to the muscles. This cuts down the space available for swelling, lessens inflammation and, most importantly, reduces pain and soreness!

Our Compression Therapy mimics the natural muscle pump of the legs, which aids the heart in the circulation of blood around the body. Our Dynamic Compression exerts up to 4 times greater levels of pressure when compared with commercially available compression garments. This dynamic application of greater pressure has been shown to be superior when compared with static compression at enhancing blood flow and removing metabolic waste.



FITNESS

Greater blood flow and repair

Improved delivery of oxygen and nutrients to the muscle

Reduced pain, soreness and swelling



HEALTH

Reduced inflammation

Improved circulation

Help manage lymphoedema



INJURY

Aid repair

Reduce inflammation



Percussive Massage Therapy

HOW DOES IT WORK?

Percussion therapy concentrates targeted pulses of pressure into the muscles, helping to relieve pain, stiffness and soreness, and increase range of motion.

Myofascia are connective tissue that wrap around your muscles and bones providing structural support. Tightness in the myofascia after exercise can cause restrictions in joint range of motion and local blood flow, hindering you after a good workout.

By using a Massage Gun, you can loosen up the muscles and reduce these inhibiting adhesions that may form between layers of myofascia.

Percussive stimulation provides comprehensive relief by reaching both the superficial and deep muscle fibers. Applying compression to the muscles with a Massage Gun also sends a signal to the brain that tells it to relax the muscle, which can improve range of motion. They can also help to reduce the sensation of DOMS (delayed onset muscle soreness) following exercise.



PREVENT INJURIES



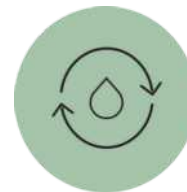
IMPROVE FLEXIBILITY
AND RANGE OF MOTION



REDUCES THE
SENSATION OF DELAYED
ONSET MUSCLE
SORNESS (DOMS)



DECREASE JOINT AND
MUSCLE STIFFNESS



IMPROVE BLOOD
CIRCULATION



Enquire today

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