



Recovery Spot  
Compression Therapy Recovery Centre  
Main Floor -400 Tache Ave  
Winnipeg, Manitoba, R2H 3C3  
Call 204-975-4978 (To schedule appointment)  
www.recoveryspot.com

The Recovery Spot Brand specializes in bringing PRO grade technology to dedicated athletes. World-class technologies that include Sequential Pulse Recovery Pump Technology, Fitted Medical Grade Athletic Compression apparel, hot & cold wraps and ultra lite carbon fiber knee braces using 3D iPad scanners.

**All Manitoba Cycling Association members are privileged to discounted rates on select Recovery Spot products:**

- **15% off select products (cannot combine discount with items obtained through insurance coverage)**
- **Discounted membership rates on compression and cryotherapy recovery systems**

## **NORMATEC RECOVERY SYSTEM**

- Provides dynamic compression and performance recovery for athletes at all levels
- Increase circulation
- Reduce delayed onset muscle soreness
- Relieve muscle swelling and soreness
- Speed up recovery in less than 21 minutes



## GAME READY CRYOTHERAPY RECOVERY SYSTEM

- Game Ready is the leader in active compression and cold therapy technology for injury treatment and post operative recovery
- Key Features:
  - Uniform cooling and compression
  - Better skin contact to enhance the delivery of therapeutic cold
  - Reduction in edema and fluid build up
  - Ability to control/maintain temperature throughout treatment



## ACTIVE WRAP (INJURY SPECIFIC HOT AND COLD COMPRESSION THERAPY)

- Uniquely formulated heat and ice packs can be adjusted-positioned-secured anywhere inside the Active wrap for targeted relief through uniform compression
- Proven relief of acute/chronic aches and pains
- Mobile compression for optimal pain relief
- No mess or leaks
- Innovative hot/cold formulation stays in place and never pushes away under pressure





recover like a **PRO**®

**COMPRESSION THERAPY RECOVERY SESSIONS**

**Single Session Rates**

20 min = \$10

40 min = \$20

**Multiple Session Rates**

250 min = \$110

500 min = \$160

1000 min = \$260

**Student Rate**

~~\$25/month~~

**\$20/month\***

unlimited 20 or 40 min sessions

**Adult Rate**

~~\$35/month~~

**\$30/month\***

unlimited 20 or 40 min sessions

Mobile Services to a Single Event | Location  
Call for Details

**Schedule online at [recoverySpot.com](http://recoverySpot.com)**

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All Sessions and Rates listed:  
Nontransferable | Nonrefundable

Student Rates - Valid Student ID Required

Monthly Rate\* charged one month  
in advance for a period of 12 months.

GST Extra (without Rx)



@recoverySpot