



WHAT IS FIREFLY?

Looks like NMES

Works like
pneumatic compression

3x more effective

Firefly stimulates the peroneal nerve
with 60 pulses per minute



This activates the foot to “flutter” and
pump blood to the heart, significantly
increasing systemic blood flow



Firefly speeds up athletic recovery and
minimizes DOMS and fatigue

WHY USE FIREFLY?

EFFECTIVE

400% in blood flow - recover 3x faster

PORTABLE

Provide treatment outside of the AT room

MOBILE

No wires to hold you back, recover
anywhere, including on the go

REUSABLE

30-hours on and off use

GREAT FOR TRAVEL

Recover on a plane, bus or car

TRUSTED BY PROS

Used by 1,000+ pro & collegiate teams

NO OVERUSE CONCERN

Wear for long periods without muscle fatigue

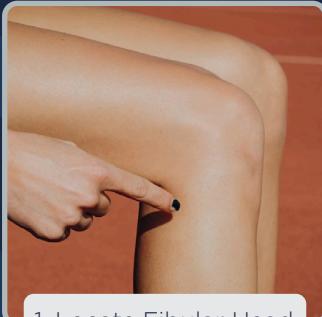
FDA APPROVED

FDA approved Class II Device

WHO USES FIREFLY?

1,000+ professional & collegiate teams,
elite athletes, Olympians, and high school athletes

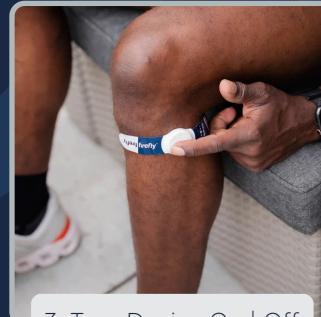
HOW TO USE FIREFLY?



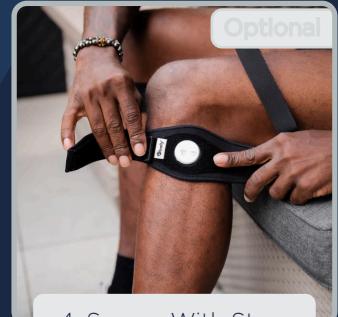
1. Locate Fibular Head



2. Position Firefly



3. Turn Device On | Off



4. Secure With Strap

RECOVER FASTER



WHEN TO USE FIREFLY?

Post Workout/Training	1-4 hours
Warm-Up	30-60 minutes
Travel	Duration of Travel
Soreness	4 + hours

WHAT IS THE FEEDBACK ON FIREFLY?

"Firefly is a product that we will continue to use because I think **it gives us a competitive advantage** over some of our peers that don't utilize the product. We all know that our student athletes have an insanely busy schedules and they might be with our athletic trainers several hours of the day, but ultimately what are they doing for the rest

of that time? Being able to utilize the Firefly they are still getting that **active recovery even when they are going to class**, or completing academic requirements, or whatever it might be."

- Brandon DeSantis, Associate AD of Health and Performance, JMU

"The Firefly Recovery device is valuable in any sport where athletes play multiple games and train over consecutive days. **Firefly helps athletes quickly recover and return to baseline** which is a key determinant for success."

- Dave Hamilton, V.P. of Performance Science, Tampa Bay Buccaneers

"Firefly has done wonders for our players for **consistent recovery postgame** and when we travel. Great product, very user-friendly, and our players like them a lot!"

- Jasen Powell, Head ATC, Los Angeles Clippers

"**Firefly has been a great recovery tool** to flush lactic acid and keep legs feeling fresh. Its easy portability makes it convenient on the road and **player compliance is preferred over other recovery modalities**. It's always nice when student athletes ask for a modality like Firefly because of its fantastic results."

- Warren Young AT, University of Texas Men's Basketball

"Firefly has been an **integral part of our recovery strategy** in season for travel and competition. While it's incredibly effective, its **portability and ease of use** stands out as what makes this product so great."

- Deidre Chatlos, Asst Director, Sports Medicine, Pitt

"Firefly has become a **multi-purpose intervention** for us at the University of Cincinnati. Its versatility, portability and simplicity allow us to use it within our full clinical creativity. If we can take advantage of the Firefly's ability to promote and increase blood flow, when we as clinicians cannot, it is a no-brainer. **It has become a gold-standard of treatment in Cincinnati.**"

- Aaron Himmeler, Senior Associate AD of Sports Medicine (Football), Univ. of Cincinnati

The **convenience and simpleness of the Firefly device** helps with compliance and utilization for recovery. As an athletic trainer it is helpful to have a device that I can give to an athlete that they can take home, or use while traveling, that they don't need to share with anyone else."

- Dustin Williams Head AT, BYU TF/XC and USATF

"The benefits are wide-ranging, and with Firefly, I can extend my recovery support **beyond the athletic training room and into the real-world** demands of travel and competition. In professional sports, where quick turnarounds and high performance are a must, Firefly Recovery is an elite solution that delivers results. We now have an **efficient and effective tool that is unmatched in its portability and ease of use.**"

- Dave Getsoff, Meidcal Director, Pro Volleyball Federation