

RECOVERY

Neurosonic's recovery enhancing effect is based on the balancing of the autonomic nervous system. Neurosonic's programs relax the body, decrease excessive sympathetic and increase parasympathetic action. At the same time, muscle blood flow and metabolism are restored at a faster pace.

Vibration provably accelerates recovery

Neurosonic accelerates recovery considerably. According to feedback from our clients, for example, heart rate variability is increasing, which is a clear sign of progress in bodily recovery.

Recovery is both physical and mental

Mental or physical overstimulation, overtraining and recovery problems are felt in the body as fatigue, pain, physical and mental strain, anxiety, muscular tension, restlessness and possibly a flow of thought that is difficult to break. Overstimulation and recovery problems are always a sign of the body's stressful state and autonomic nervous systems disorder and generally involves some degree of disturbance in falling asleep and staying asleep. Excessive physical training and relatively low rest or simply mentally heavy work can cause nervous overactivity. This thread should be cut as early as possible, as prolonging these symptoms will also require a longer recovery time.

Customer testimonials regarding recovery:

Tired and tense muscles recover faster.

Vibration relieves muscle pain and post-injury pain

Vibration speeds up the muscle-nervous systems recovery from hard stress

DOMS (delayed onset muscle soreness) will be reduced

Physical stress sensation disappears faster

You fall asleep faster and sleep better, sleep is more recovering

Work efficiency is better when using the device during the day

Sports injuries will improve faster