KAATSU

KA = ADDITIONAL • ATSU = PRESSURE

BLOOD FLOW MODIFICATION TRAINING

The result of over 40 years of testing and research, KAATSU originated in Japan and uses special air bands worn on the upper legs and arms to safely modify blood flow. Two compressors inflate the air bands. Once optimal pressure settings have been established, light training produces an engorgement of blood in the arms/legs and a variety of positive physiological effects in a short period of time:

- Use of KAATSU air bands disrupts homeostasis
- Nitric oxide increases in blood vessels, increasing their elasticity
- Fast and slow twitch muscles are toned simultaneously
- Lactic acid increases, stimulating receptors in the muscle and leading to elevated levels of growth hormone, adrenalin and anabolic hormones

KAATSU’S LIGHT TRAINING PRODUCES EFFECTS SIMILAR TO EXPLOSIVE EXERCISE

KAATSU PROVIDES SUPERIOR

<table>
<thead>
<tr>
<th>RANGE OF MOTION</th>
<th>PORTABILITY</th>
<th>PROVEN SAFETY RECORD</th>
<th>SMART TECHNOLOGY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Narrow band and flexible bladders enable movement</td>
<td>The user doesn’t need to remain tethered to the unit; no stand needed</td>
<td>Zero instances of serious injury recorded over four decades and use by hundreds of thousands</td>
<td>Indicators for arterial and venous flow provide critical information to the Kaatsu certified specialist</td>
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**CASE STUDY**

**TODD LODWICK**

**AGE:** 37 years old  
**HEIGHT:** 5’ 10”  
**WEIGHT:** 150 lbs

**Combined Nordic Olympian**

**PROTOCOL:**
- First three weeks, Kaatsu training twice daily, six days a week  
- Second three weeks, Kaatsu once a day in addition to standard training exercises (cycling, roller skiing, running)

**OUTCOME:** Todd Lodwick competed in the Olympics 40-days post injury.

**FAST FACTS:**
- **JANUARY 3, 2014**  
  Won National Championship, qualifying for 6th Olympic Games
- **JANUARY 10, 2014**  
  Fell ski jumping; suffered multiple comminuted fracture of L humerus, labral tear, disrupted rotator cuff and broken rib; normally a season-ending injury
- **JANUARY 13, 2014**  
  Initiated normal KAATSU Training on 3 uninjured extremities and modified KAATSU Cycle and Training on L arm

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**CASE STUDY**

**JOSH SAUNDERS**

**AGE:** 34 years old  
**HEIGHT:** 6’ 4”  
**WEIGHT:** 210 lbs

**Former Goalkeeper, Real Salt Lake  
Current Goalkeeper, New York City FC**

**PROTOCOL:**
- 30 minute KAATSU sessions, five days per week

**CHALLENGE**

"It was no longer about my return to football," said Saunders. "It was about surviving."

**OUTCOME:** Josh Saunders  
In a matter of a few sessions, Saunders experienced significant increases in strength and increased quad size.  
"I am now stronger, faster and quicker than I was before my injury."

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**SAFE, ACCELERATED REHABILITATION:** IMAGINE WHAT KAATSU COULD MEAN FOR YOUR ATHLETES