



# ENHANCE SPORTS RECOVERY

PROVEN MEDICAL SCIENCE FOR ENHANCED BLOOD CIRCULATION

“Recovering quicker than my opponent is key. After a hard game or tough training session I use firefly™ so I have less muscle soreness and my legs feel fresher the next day. firefly™ allows me to perform at my best time after time.”

**Danny McGuire**  
England & Leeds Rhinos Rugby League Player



[www.fireflyrecovery.com](http://www.fireflyrecovery.com)



firstkind  
living science

OnPulse™  
TECHNOLOGY

**Small electrical impulses (powered by OnPulse™ technology) gently activate the muscle pumps of the lower leg, emulating the blood flow normally achieved by walking (up to 60%).**



- ⦿ Increases blood flow
- ⦿ Scientifically proven to reduce muscle soreness (DOMS) within 24 hours
- ⦿ Reduces swelling after injury
- ⦿ Aids recovery from sprains and strains
- ⦿ Aids recovery during travel

“The OnPulse™ technology embedded into a new neuromuscular electro-stimulation device - firefly™ - provides a novel strategy as part of a recovery protocol adopted by high performance athletes.”

**Dr Scott Drawer** Head of Research & Innovations at UK Sport

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