

PHYSIO Equipment

*We act accelerating and improving
processes recovery*



Therapy Care

Multifunctional muscle recovery unit
for sportsmen



**QUICK
RECOVERY**

Cold application
Application of heat
Application of Thermal Contrasts
Hydraulic Compression Application

We act significantly accelerating recovery processes

Therapy Care is a fundamental resource for sports professionals, offering a multifunctional tool designed to be an essential complement to their comprehensive muscle maintenance and recovery plans.



ARB Systems presents multifunctional equipment capable of performing:

- ✓ Cold-only applications (Cryotherapy)
- ✓ Heat-only applications (Thermotherapy)
- ✓ Rapid Thermal Contrast Applications (RCT) (in less than 1 minute)
- ✓ Sequential Hydraulic Compression Applications.

Thanks to an intuitive and easy-to-use touch screen, Therapy Care users can control, adjust, and monitor process times, temperature ranges, and compression settings.

FEATURES:

- 2 Fluid outlets: (2 anatomical positions, for one or two users).
- Contrasts hot / cold (in less than 1 minute).
- 6 levels of active hydraulic compression, (adjustable both in pressure and frequency).
- Regulation of the number of heat/cold contrast cycles.
- Hot fluid temperature regulation from 20°C to 45°C.
- Cold fluid temperature regulation from 20°C to -5°C.
- Adjustment of the process duration from 1 min. at 59 min.

Advanced and highly effective solutions

Our goal is to provide advanced and highly effective solutions to optimize functional recovery processes. Through cutting-edge technologies, such as rapid thermal contrast therapy and sequential active hydraulic compression, we improve muscle performance and prevent injuries.

Although the use of cold and heat to increase blood flow, promote muscle relaxation, and reduce stiffness is a widely known practice, the innovation lies in our ability to automatically and precisely control the operating parameters: application times, temperature ranges, and compression levels. This technological precision enhances the effectiveness of the process and significantly reduces recovery times.



COLD APPLICATION

The relaxing properties of cold are widely recognized in the sports field, as its application slows nerve conduction and decreases the excitability of sensory endings. This results in a reduced reflex response to muscle spasms and a reduction in joint stiffness, promoting a more conducive physiological environment for recovery.

Together, these mechanisms make cryotherapy a valuable tool, not only for accelerating muscle recovery, but also as a complement to injury prevention programs, by promoting natural tissue regeneration and optimizing medium- and long-term physical performance.



APPLICATION OF HEAT

The application of heat increases tissue elasticity and significantly activates blood circulation, resulting in greater oxygenation and improved nutrient transport to the tissues. As a result, cellular metabolism is stimulated, promoting the synthesis of collagen and elastin in skin tissue, as well as the recovery of muscle, tendon, and ligament structures. Furthermore, heat facilitates the elimination of metabolic waste and helps accelerate the body's natural recovery processes.

These mechanisms, together, reduce joint stiffness, improve muscle elasticity, and promote a more favorable environment for functional mobility.

In general terms, it can be said that thermotherapy promotes muscle recovery, improves tissue function, and is an effective resource for both injury prevention and optimizing athletic performance.

EXCHANGERS

Flexible, fully adaptable, made of a highly temperature conductive material, capable of transmitting and distributing the different temperatures evenly and constantly to the areas to be treated.



THERMAL CONTRAST APPLICATIONS

Thermal contrast applications (controlled alternation of heat and cold in periods of less than one minute) are an effective strategy for stimulating the so-called "vascular pump." This mechanism, based on successive cycles of vasodilation and vasoconstriction, promotes venous and lymphatic return, increases blood flow, and improves cellular oxygenation. As a result, tissue regeneration is enhanced, the elimination of metabolites (such as lactate) is facilitated, and muscle recovery processes after training or competition are optimized.

Thermal contrasts offer more profound effects than the isolated application of heat or cold, combining the benefits of both stimuli. Their main benefits include reducing the sensation of muscular heaviness, reducing post-exertion joint stiffness and neuromuscular tension, and improving functional mobility. They also help nourish, hydrate, and firm tissues, increase muscular endurance, and strengthen the body's immune response.



COMPRESSION APPLICATIONS

Sequential active hydraulic compression therapy is an effective complement to cryotherapy, thermotherapy, and thermal contrast therapy, enhancing their physiological effects. This system promotes venous and lymphatic return, improves blood flow, and optimizes oxygenation and nutrient delivery to treated tissues. It thus helps accelerate cell regeneration processes and facilitates the elimination of accumulated metabolites and metabolic waste.

THERAPY CARE C

**Cooling and hydraulic compression
unit active (Ice-free) for sportsmen**



ARB Systems presents equipment for cold applications combined with active hydraulic compression massage.

No ice, no cold water, you only need a plug, the cold is produced by a mini compressor, which guarantees cold power throughout the treatment.

Compact and portable device, optimized for use in a variety of environments and conditions, focused on injury prevention.



COLD WITHOUT ICE

For fast and effective muscle recovery

Therapy Care C represents a fundamental resource for sports professionals, providing a tool designed as an essential complement to their daily practice. The system integrates cryotherapy (cold without ice) and distal-to-proximal hydraulic compression, applicable to the prevention of various types of injuries, with the goal of accelerating and optimizing muscle recovery processes.

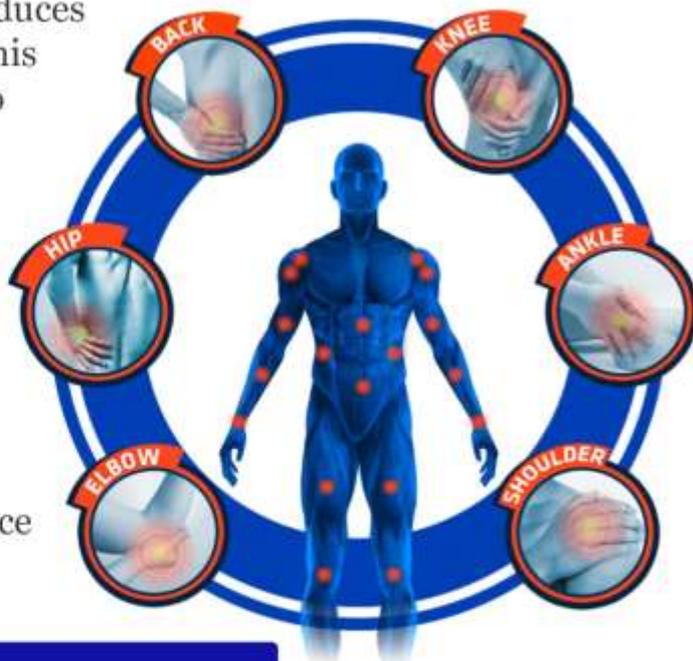


Widely recognized properties

The relaxing properties of cold are widely recognized in the sports field, as its application slows nerve conduction and reduces the excitability of sensory endings. This translates into a reduced reflex response to muscle spasms and a reduction in joint stiffness, promoting a more conducive physiological environment for recovery.

Fast and constant cooling

Our technology eliminates the need for ice or cold water, thanks to an active cooling system based on a high-performance mini-compressor.



Screen with touch display

Thanks to a completely intuitive and easy-to-use touch screen, we can control, adjust, and monitor process times, temperature ranges, and compression settings.

COLD AND COMPRESSION APPLICATIONS FOR ATHLETES



COLD APPLICATION

The relaxing properties of cold are widely recognized in the sports field, as its application slows nerve conduction and decreases the excitability of sensory endings. This translates into a reduced reflex response to muscle spasms and a reduction in joint stiffness, promoting a more conducive physiological environment for recovery.

Together, these mechanisms make cryotherapy a valuable tool, not only for accelerating muscle recovery, but also as a complement to injury prevention programs, by promoting natural tissue regeneration and optimizing medium- and long-term physical performance.



COMPRESSION APPLICATIONS

Sequential active hydraulic compression therapy is an effective complement to cryotherapy, thermotherapy, and thermal contrast therapy, enhancing their physiological effects. This system promotes venous and lymphatic return, improves blood flow, and optimizes oxygenation and nutrient delivery to the treated tissues. In this way, it helps accelerate cell regeneration processes and facilitates the elimination of accumulated metabolites and metabolic waste.



EXCHANGERS

Flexible, fully adaptable, made of a highly temperature conductive material, capable of transmitting and distributing the different temperatures evenly and constantly to the areas to be treated.





Your best defense
against injury is
proper recovery.

FEATURES:

- Cold fluid temperature regulation from 20 to -2°C.
- Adjustment of the process duration from 1 min. to 59 min.
- 3 levels of active hydraulic compression.
- Customized and fully configurable solutions in temperature, time, and compression.
- Fully portable equipment.
- Dimensions: width: 38 cm, height: 32 cm, depth: 35 cm



MRM Pro Sport

LEG - ARM - FIT

Recover your **muscles.**
Make the **difference.**

The most dynamic way to accelerate your recovery

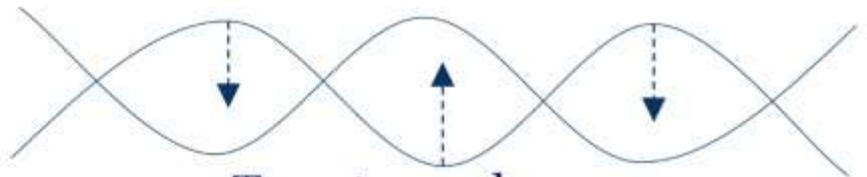


Health and Performance

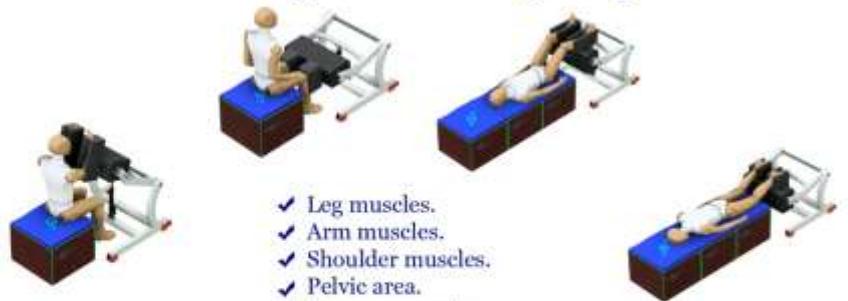


MRM Pro Sport is a complementary physiotherapy device designed for deep, personalized massages for legs and arms, improving mobility, pain relief and muscle recovery. It complements the work of therapists, helping in the preparation and recovery of athletes and patients, without replacing the invaluable personal touch of professionals.

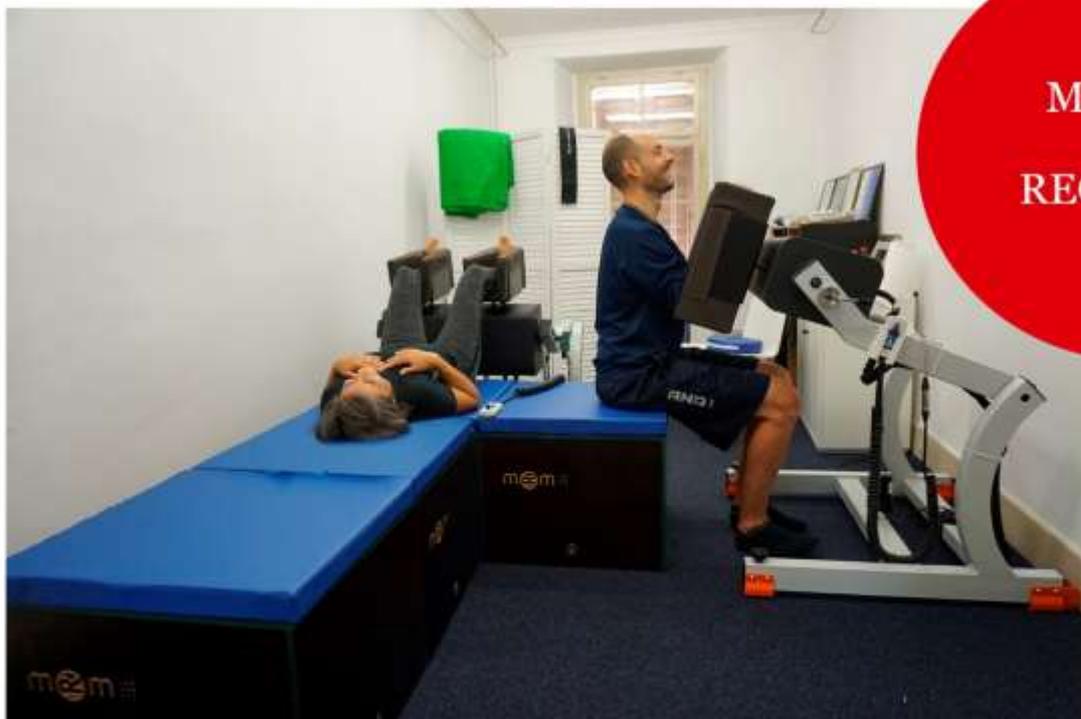
The equipment focuses on improving muscle health, mobility, stimulation of the circulatory system and the general well-being of the mind and body.



Target muscle group



- ✓ Leg muscles.
- ✓ Arm muscles.
- ✓ Shoulder muscles.
- ✓ Pelvic area.
- ✓ Psoas core system.



MUSCLE
RECOVERY

The most effective way to speed up your recovery

The MRM Pro Sport Kinetic Wave addresses the following key challenges in physical therapy:

Efficiency: Saves time and reduces therapist effort, allowing for the treatment of more patients.

Effectiveness: Improves treatment outcomes with deep biomechanical wave technology that reaches under-treated areas such as the pelvic muscles.

Complementarity: Increases therapists' expertise without replacing their personal touch, fitting seamlessly into existing treatment protocols.

Gentleness: Offers a non-invasive option that can be used fully clothed, ensuring patient comfort.

Personalization: Features adjustable intensity, speed, and frequency for personalized care, targeting specific leg and arm needs.

Circulatory Benefits: Stimulates circulatory systems with rhythmic lateral movements, promoting fluid flow and overall circulatory health of the body.





ARB  **Physios**