

**Gilbert's Premium Recovery
& Active Wellness Experience**

**Hydro Air Wellness Lab's
Golf Performance & Recovery
- A Guided Protocol**

A low-impact, evidence-informed recovery & performance plan





Why Choose Hydro Air for Your Golf Performance & Recovery?

Golf is a sport that demands precision, mobility, endurance, and recovery. Whether you are a competitive golfer or simply enjoy playing with friends, maintaining your body's health is essential for consistent performance on the course. Many golfers struggle with issues such as low back pain, tight hips, knee discomfort, or fatigue that can limit their swing and shorten their playing days. Traditional training and recovery methods often don't address these challenges in a safe, efficient, and enjoyable way.

At Hydro Air Wellness Lab, we provide golfers with access to state-of-the-art equipment and therapies designed to improve mobility, strengthen core stability, enhance circulation, and accelerate recovery. From advanced treadmills that reduce joint stress to red light therapy that supports muscle recovery, every part of our protocol is tailored to help golfers:

- Improve swing mechanics through better mobility and balance
- Increase endurance to finish 18 holes without fatigue
- Recover faster to play more often with less soreness
- Prevent injuries so you can enjoy golf for years to come

Together, these tools create a safe, effective, and restorative approach to golf performance and recovery.



Hydro Air Wellness Lab - Circulation Support Protocol

One-time introductory session (75–90 min). Physician clearance recommended prior to participation.

Step 1 Facility Tour:

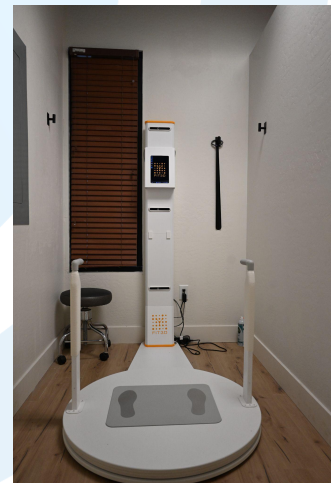
Instruction: Begin your visit with a guided tour of Hydro Air Wellness Lab. A staff member will introduce you to the equipment, explain safety guidelines, and answer any questions before starting the protocol.



Step 2 - Fit 3D Body Scanner:

Instruction: Complete a full-body scan to measure posture, muscle balance, and body composition. Staff will review results with you.

Benefit: Posture and symmetry are critical in golf. The scan identifies imbalances that may affect swing mechanics and injury risk. It also establishes a baseline for tracking performance and physical improvements.

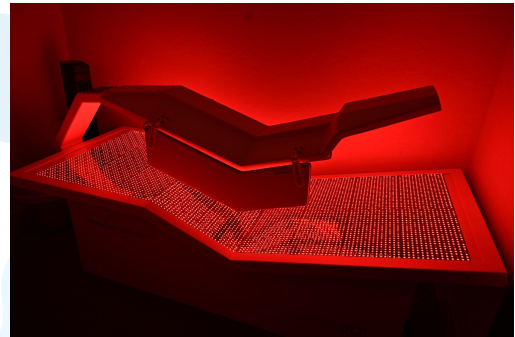


Disclaimer: Patients with pacemakers, defibrillators, or other electronic medical devices should confirm with their physician before using scanning technology. Pregnant women should avoid full-body scanning.

Step 3 – OvationULT Bed (Red Light Therapy)

Instruction: Relax in the full-body red light bed for 10–15 minutes.

Benefit: Reduces stiffness in joints and muscles, improves circulation, and supports tissue recovery. For golfers, this means improved flexibility and less soreness in the back, hips, and shoulders.



Disclaimer: Patients with photosensitive conditions, uncontrolled seizure disorders, or those on photosensitizing medications should avoid red light therapy. Eye protection required.

Step 4 – Cryotherapy

Instruction: Enter the cryotherapy chamber for 2–3 minutes. The temperature and duration will be set to your tolerance and physician's guidance.

Benefit: Rapid cooling causes blood vessels to constrict, followed by rebound vasodilation when exiting. For golfers, cryotherapy reduces joint inflammation, alleviates back and shoulder soreness from repeated swings, and accelerates recovery after walking 18 holes or long practice sessions.



Disclaimer: Contraindicated for patients with severe coronary artery disease, uncontrolled hypertension, arrhythmias, recent cardiac events, cold intolerance (e.g., Raynaud's), or

pacemakers/implants not rated for extreme cold. Not suitable for patients unable to tolerate sudden cardiovascular stress.

Step 5- Vibration Plate (3G Cardio)

Instruction: Perform 2–3 bouts of 30–60 seconds while standing with soft knees. Staff may guide you through golf-specific warm-up movements.

Benefit: Whole-body vibration stimulates circulation, loosens tight hips and shoulders, and activates stabilizing core muscles — all critical for generating rotation and power in the golf swing.



Disclaimer: Not recommended for patients with uncontrolled arrhythmias, recent heart attack (within 6 weeks), severe heart failure, pacemakers, or DVT. Patients with balance problems should only use it under staff supervision.

Step 6 – Boost Microgravity or HydroWorx Water Treadmill (note: for those who are unable to use legs, this may be replaced with our UBE (arm bike))

Instruction: Walk or perform light intervals for 10–15 minutes. On the Boost, body weight can be reduced by up to 80% for low-impact cardio. On the HydroWorx, buoyancy of the water removes stress from joints



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while adding resistance for a gentle challenge. Staff will adjust speed, support, and water depth to your comfort.

Benefit: Safely elevating the heart rate is one of the best ways to build endurance for walking the course. Both treadmills allow golfers to perform steady walking or interval training (low-impact HIIT), improving circulation and stamina without stressing knees, hips, or the lower back. This supports playing 18 holes with less fatigue and soreness.



Disclaimer: Not recommended for patients with uncontrolled hypertension, unstable angina, recent heart attack, or severe shortness of breath at rest. Patients with open wounds, active infections, or incontinence should not use the water treadmill. Always begin with physician clearance.

Step 7 - Basic Strength Training (TRX or Resistance Bands)

Instruction: Perform guided TRX or band exercises targeting rotational core strength, hip mobility, and shoulder stability.

Benefit: Builds rotational strength, stability, and mobility needed for an efficient, powerful swing. Strengthening these areas helps prevent common golf injuries in the low back, shoulders, and hips.



Disclaimer: Patients with uncontrolled hypertension, recent cardiac surgery, severe arrhythmias, or chest pain during exertion should avoid resistance training. Heavy lifting is contraindicated — only light, supervised movements should be performed.

Step 8: Contrast Plunge (Cold & Hot Therapy)

Instruction: Alternate 1–2 minutes in the cold plunge with 2–3 minutes in the hot plunge. Repeat 2–3 cycles, ending in cold.

Benefit: Improves circulation, reduces inflammation, and aids recovery after walking 18 holes or a long practice session. Trains vascular responsiveness and leaves golfers refreshed.

Disclaimer: Not recommended for patients with unstable angina, recent heart attack, uncontrolled hypertension, or advanced heart failure.



Step 9 – Rapid Reboot Compression Therapy

Instruction: Wear compression boots for 15–20 minutes post-activity. Pressure will be set to comfort level.

Benefit: Flushes out lactic acid, reduces swelling, and speeds recovery in legs. Especially useful for golfers walking the



course, as it helps restore energy and circulation before the next round.

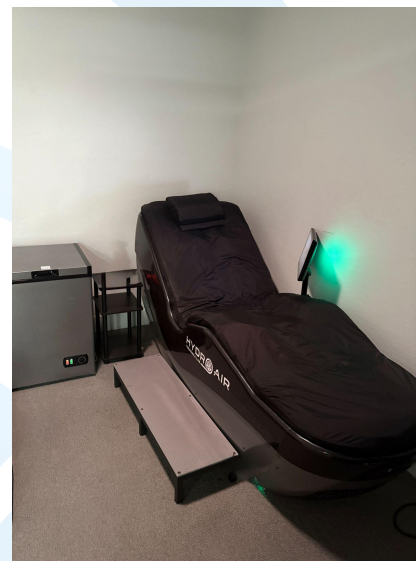
Disclaimer: Patients with severe PAD, uncontrolled CHF, severe DVT, or untreated leg infections should avoid compression therapy.

Step 10 – HydroMassage Therapy

Instruction: Conclude with 10 minutes on the HydroMassage bed. Jets can target the back, legs, or shoulders as needed.

Benefit: Relaxes tight muscles from repetitive swinging, reduces lower back tension, and promotes recovery. Leaves golfers refreshed and ready for their next round.

Disclaimer: Patients with uncontrolled hypertension, open wounds, skin infections, or recent surgical incisions should avoid HydroMassage.





Protocol Summary (each item per physician approval and client tolerance):

Protocol Stage	Description	Time	Value for Use
1.	Facility tour and general intro	~10 minutes	Included
2.	Fit3D Body Scan	~5 minutes	\$25
3.	Red Light Therapy	10-20 minutes	\$90
4.	Cryotherapy	~5 minutes	\$35
5.	Vibration Plate	3-5 minutes	\$15
6.	Low-Impact TM (Water or Air)	20-30 minutes	\$60
7.	Strength Training & Stretching	10-15 minutes	\$40
8.	Contrast Plunge (Hot/Cold)	6-10 minutes	\$40
9.	Leg Compression	15-20 minutes	\$30
10.	HydroMassage	10 Minutes	\$25
Totals	Staff Guided Protocol	+/- 80 minutes	~\$360

*Individuals who purchase a protocol voucher are entitled to a guided single use of all these equipment items sequentially in a single day. Any unused equipment during the initial visit will not carry over to a different day nor can they be refunded. One discounted voucher per person may be used. Those desiring to purchase an additional guided protocol may purchase them at full price at Hydro Air Wellness Lab.

**At this time, Hydro Air Treadmill Lab, LLC does not collect or interpret individual health data such as health history, blood pressure, or other vitals. As such, it is the responsibility of the client to obtain their own clearance from their healthcare provider prior to participating in this protocol. Hydro Air and its members will not be responsible for any health related events that occur as a



result of following this protocol. Individuals who participate will do so at their own risk and sole responsibility. All participants are required to sign equipment and health liability waivers and agree to facility usage terms & conditions. Participants reserve the right to discontinue at any time for any reason and are encouraged to do so if they feel any discomfort or apprehension while participating.





Supporting Evidence – Cardiovascular Wellness Protocol:

Aquatic Treadmill / Water-Based Exercise:

Research shows aquatic exercise is a safe and effective training modality for patients in cardiac rehabilitation and can improve aerobic capacity without stressing joints. (*Frontiers in Physiology*, 2019)

Anti-Gravity / Microgravity Treadmill:

Pilot studies show that anti-gravity treadmills allow patients with cardiovascular limitations to safely achieve target heart rates during stress testing. (*Journal of Nuclear Cardiology*, 2017)

Compression Therapy:

Clinical studies indicate compression therapy can reduce BNP levels and improve symptoms in stable heart failure patients, without adverse events. (*Klose Training Clinical Report*, 2024)

Red Light Therapy:

Photobiomodulation promotes vasodilation, angiogenesis, and improved oxygenation — all supportive of cardiovascular health. (*Kineon Review*, 2023)

Cryotherapy:

A safety study in non-professional runners found no adverse cardiovascular effects from



whole-body cryotherapy, with stable BP and ECG markers. (*Frontiers in Cardiovascular Medicine*, 2022)

Contrast Therapy (Hot & Cold Plunge):

Research shows alternating hot/cold therapy can lower blood pressure and improve vascular elasticity, both key cardiovascular markers. (*European Journal of Preventive Cardiology*, 2017)

Resistance Training:

Higher levels of exercise and cardiorespiratory fitness are strongly correlated with reduced cardiovascular disease, myocardial infarction, and all-cause mortality. (*Cardiovascular Research*, 2023)

Vibration Plate:

Whole-body vibration has been shown to safely improve vascular and muscular parameters in cardiovascular patients. (*Clinical Biomechanics*, 2023)



Testimonials:

“After I had a stint put in my heart, the Lab has allowed me to workout and run while I was significantly overweight! I have my life back 120lbs lighter!” - Kevin Petersen

“This place has it all! You can go get a good workout, then hit any number of recovery stations afterwards. The Cryotherapy was great and it wasn't as difficult as I thought it would be! The equipment is state of the art and the staff is super friendly and knowledgeable. I highly recommend it!” - Bret Hunt

“Medical doctors are all familiar with the saying that ‘if exercise were packed into a pill, it would be the most widely prescribed medication.’ But the problem is that for many people, this seems extremely difficult, if not impossible to do because of disease, injury, and other comorbidities that create barriers to effective and enjoyable physical activity. At Hydro Air, we have made it possible for individuals to more easily overcome those barriers and significantly improve their quality of life.” -Dr. Bryce Petersen, DPT

My SI joints and herniations hurt daily. With the red light therapy alone, I have no back spasms within minutes of getting off the table. With 2 lower thoracic herniations, it takes both muscle relaxers and pain meds to usually cut it, but with red light, I quit taking all muscle relaxers!

-Silvia Centoz



How to Redeem Your Protocol:

1. Purchase your discounted protocol from a participating partner.
2. Call Hydro Air Wellness Lab at (480) 716-3026 or HydroAirLab.com to schedule your visit.
3. Redeem your guided protocol visit with one of our team members at Hydro Air Wellness Lab.

Located at 3341 E. Queen Creek Rd., Suite 101, Gilbert, AZ 85297



References:

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epidemiological evidence. British Journal of Sports Medicine, 54(15):898.

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