

Team 8 – Ready Recovery

Goal

The goal of team Ready Recovery is to develop a 3-in-1 recovery device for the athletic training staff and student athletes at Calvin University. The device will be a more convenient and cheaper alternative mode of recovery for all athletes for before or after intense exercise.



Overview

Our team is designing and building a recovery device that can provide multiple recovery methods including heating, cooling, and compression therapy to the user. Currently, individual recovery systems are expensive and only provide one or two modes of recovery. In addition, they require the manual addition of ice by the Calvin Sports Medicine staff to provide cooling capabilities, which limits portability and convenience. Our system will be electrically powered and utilize a working fluid that can be manipulated to switch between high and low temperatures, simulating heating and cooling aspects of contrast therapy. Pressure control of the fluid will also provide compression for the user to stimulate blood flow and muscle recovery.



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