

HOW TRAVEL IMPACTS RECOVERY & PERFORMANCE IN ATHLETES

Games across time zones, cramped flights, disrupted routines – here's how travel takes its toll and how BFR can help.



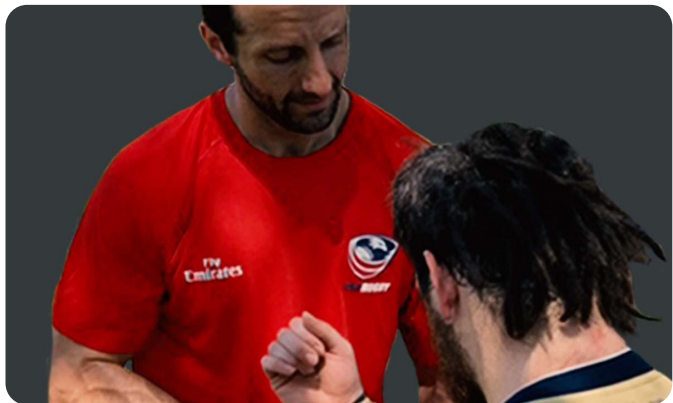
With
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THE PROBLEM:

Travel Disrupts Recovery And Lowers Performance Readiness

Athlete's face:

- Long flights causing dehydration, fatigue & inflammation
- Cramped conditions, poor sleep, routine disruption
- Reduced time for recovery between matches or sessions
- Subjective markers (like soreness and energy) often decline, even before competition begins.



BFR SOLUTION:

Hydro Makes Recovery On The Move Simple And Effective

Hydro's BFR wearables allow athletes to recover:

- In-transit (on planes, buses, hotels)
- Passively, without the need to move
- Quickly, with just 5-10 mins of use

Teams like Soudal Quick-Step and USA Rugby now use Hydro BFR between sessions or matches to reduce soreness and accelerate recovery – even in cramped, mobile settings

UPSIDE:

Minimise The Impact Of Travel, Maximise Availability

When recovery is optimised:

- Less muscle soreness post-travel
- Improved sleep and energy
- Higher quality sessions and reduced injury risk
- Better readiness for back-to-back games or competitions
- Coaches can better plan training intensity, reduce session drop-off, and get more from every athlete.

