

How People Accelerate Recovery *with KAATSU.*

12

Inside this paper

Real-world recoveries — from elite athletes and decorated soldiers to everyday people.

Real examples of how individuals shortened recovery timelines by changing how they approached circulation and activation.

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00

The Body's Untapped
Potential

Introduction

The Body's Untapped Potential

Recovery is a journey. Whether from a life-altering injury, a chronic condition, or the simple wear and tear of a life interrupted by an accident, the road back to feeling 100% can often feel slow, frustrating, and filled with setbacks.

We are often told that healing is a passive process — that we must simply wait for time to heal our body. But what if we could do more than just wait? What if we could actively create the ideal physiological environment for our body to optimally heal itself?

The stories in this guide are about people who did just that. They are stories of resilience, determination, and the utilization of KAATSU that allowed them to become active participants throughout their own recovery. From elite athletes and decorated soldiers to everyday people of all ages battling chronic pain and illness, they all found a way to tap into their body's innate healing potential by changing how they approached circulation and activation.

These are real stories about using KAATSU as a catalyst.

Inside this paper.

Twelve recoveries.

12

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01

OF TWELVE

REBUILDING AFTER CANCER

Ken Krauss

Rebuilding 25 lbs of muscle after Stage 4 cancer.

*"I was just overwhelmed with joy to put back on lean muscle...
given the fact that I was wasting away."*

Ken Krauss · Organic Farmer

THE CHALLENGE

Ken Krauss, an active organic farmer in his late 60s, was diagnosed with Stage 4 cancer. During his treatment, he experienced severe muscle wasting (cachexia), dropping to 150 lbs and losing 25 pounds of pure muscle mass, leaving him "skin and bones."

THE OUTCOME

Ken successfully gained back all 25 pounds of lost lean muscle, returning to his ideal weight of 175 lbs. He attributes this remarkable turnaround to his consistent KAATSU routine, which allowed him to get the signal of an intense workout without the physical stress his body couldn't handle during treatment. He also reported unexpected improvements in his cardiovascular health markers.

KAATSU APPLICATION

During and after his treatment, Ken began using the KAATSU B2 device almost every day. He replaced his old routine of heavy lifting with light weights and high repetitions (75-80 reps per set). He even wore the KAATSU bands while doing his daily farm chores, turning his work into a recovery session.

WHY THIS MATTERS

This story demonstrates KAATSU's powerful ability to combat severe, disease-related muscle loss and help rebuild the body's foundation of strength, even under the most challenging physiological circumstances.

02

OF TWELVE

A GREEN BERET'S JOURNEY OF NEURO-REHABILITATION

Joe Lowrey*Regaining function after a traumatic brain injury.*

"I instantly have a decrease in spasticity... It was so shocking."

Joe Lowrey · Green Beret, U.S. Army

THE CHALLENGE

In 2014, Green Beret Joe Lowrey sustained a severe Traumatic Brain Injury (TBI) after being shot in the head in Afghanistan. He was in a coma for a month, leading to extreme muscle atrophy and a profound loss of motor control and cognitive function. His initial prognosis was dire.

THE OUTCOME

KAATSU became a cornerstone of Joe's slow, steady recovery. He reported an immediate decrease in the muscle spasticity (unwanted tension) in his hand, a common and debilitating issue after a TBI. Over years of dedicated work, KAATSU has served as a consistent tool to stimulate his nervous system, helping him regain function, mobility, and independence far beyond what was thought possible. Doing KAATSU before bedtime also allowed him to get a much higher quality sleep that augmented his recovery..

KAATSU APPLICATION

Joe incorporated KAATSU into his daily rehabilitation several years after returning from a long-term care rehab hospital. In his wheelchair, he used passive KAATSU Cycles to re-establish the connection between his brain and limbs. The first time he stood up from his wheelchair after using KAATSU on his legs, he was so surprised he said, "How did I get up here?"

WHY THIS MATTERS

Joe's story is a profound testament to the power of neuroplasticity. It showcases how KAATSU can be used as a safe, effective tool to provide a consistent stimuli to the nervous system, helping to forge new pathways and support recovery from even the most severe neurological trauma.

03

OF TWELVE

PAIN REDUCTION & PROSTHETIC CONTROL

Justin

A Marine Corps Veteran reducing pain and regaining function.

"Last night my pain was significantly reduced... it was just impressive, man. I put my prosthetic on and I could fire it better."

Justin · Marine Corps Veteran

THE CHALLENGE

Justin, a Marine Corps veteran, underwent an arm amputation and was fitted with a new prosthetic from Walter Reed. He struggled with significant pain in his residual limb and had difficulty getting the sensors in his prosthetic to make good contact and provide consistent control.

THE OUTCOME

The results were immediate and profound. After his first session, Justin reported that his pain was "significantly reduced" overnight. The increased circulation also improved the connection between his skin and the prosthetic's sensors, giving him noticeably better control over his new hand.

KAATSU APPLICATION

A KAATSU specialist applied the bands to Justin's residual limb and ran him through several KAATSU Cycle sets, both passively and with light 5 lb weights.

WHY THIS MATTERS

This demonstrates KAATSU's unique ability to address two major challenges for amputees: reducing pain in the residual limb and improving the neuromuscular signaling required to control modern prosthetics.

04

OF TWELVE

A VOICE REDISCOVERED

The 104-Year-Old

Speaking again after six months of silence.

Six months of silence. Six months of gentle, daily circulation. Then — words.

Case Note · Japanese Care Facility

THE CHALLENGE

A 104-year-old woman in a Japanese care facility was bedridden and had fallen silent. She had been completely **non-verbal for over six months**, showing signs of severe age-related neurological decline. Communication and connection with those around her — including her two 80-year-old daughters — were lost.

THE OUTCOME

After six months of consistent, passive KAATSU use, the patient began to acknowledge those around her and to **speak again coherently**.

KAATSU APPLICATION

Caregivers began administering gentle, passive KAATSU Cycle protocols on her arms and legs every day. The goal was not exercise, but simply to improve her systemic circulation and provide a novel, gentle stimulus to her body.

WHY THIS MATTERS

While an extraordinary case, this story highlights the fundamental link between circulation and brain function. It showcases KAATSU's potential to improve quality of life and stimulate neurological function by enhancing the body's most basic delivery system, even in the most fragile and advanced cases of aging.

05

OF TWELVE

ENDING CHRONIC BACK PAIN

Dave Carlson*Stronger after 50, without the chiropractor.*

*"December of 2019 was the last time I've gone to a chiropractor...
I can't believe how much this has impacted my life."*

Dave Carlson · Water Polo Coach

THE CHALLENGE

Following a car accident that totaled his vehicle, water polo coach Dave Carlson suffered from two bulging discs and debilitating chronic back pain for over three years. He was visiting a chiropractor 3-4 times a week just to manage the pain.

THE OUTCOME

The results were life-changing. Dave stopped having pain flare-ups and has not needed a chiropractor since December 2019. He reports being in better shape and having more muscle mass now compared to all those years when he was a gym rat, all while putting less mechanical stress on his body.

KAATSU APPLICATION

Initially skeptical, Dave committed to using KAATSU every day for two weeks. He replaced his 6-day-a-week gym routine and began doing KAATSU Cycle sets multiple times a day — often passively while eating breakfast, working, or relaxing before bed.

WHY THIS MATTERS

Dave's story shows how KAATSU's systemic effects can help manage chronic pain and inflammation. By strengthening the core and improving circulation, it addresses the root causes of instability and discomfort, allowing the body to heal and get stronger.

06

OF TWELVE

INSTANT RELIEF FROM ARTHRITIS

Mario

An arthritic firefighter regains grip and mobility in minutes.

"It was natural for me to straighten out my fingers with no pain, nothing whatsoever. So I'm pretty amazed."

Mario · Veteran Firefighter

THE CHALLENGE

Mario, a veteran firefighter, suffered from severe arthritis and the cumulative effect of multiple hand and wrist injuries. His fingers were becoming constricted, he had lost 50% of his grip strength, and he could no longer grip the fire pole safely due to excruciating pain.

THE OUTCOME

Within two minutes of his first use, Mario felt a really strange sensation. After the second KAATSU Cycle deflated, he was able to fully straighten his fingers — something he couldn't do before — with **zero pain**. The immediate improvement in circulation provided an instant increase in mobility and a dramatic reduction in pain.

KAATSU APPLICATION

During his very first session, KAATSU bands were applied to his arms for two KAATSU Cycle sets.

WHY THIS MATTERS

This demonstrates the power of KAATSU for providing rapid relief from the stiffness and pain associated with arthritis and old injuries. Improving local blood flow is a critical first step to managing chronic joint and tissue discomfort.

07

OF TWELVE

AN NFL-SPEED ACL RECOVERY

Danny Woodhead

An NFL running back's unprecedented return.

Three sessions a day. Couchside. Unprecedented return to play.

Danny Woodhead · NFL Running Back

THE CHALLENGE

During the 2016 season, NFL running back Danny Woodhead tore his ACL, an injury that typically results in significant muscle atrophy and a long, arduous recovery. It could have spelled the end of the 34-year-old fullback's career.

THE OUTCOME

Danny returned to the field in what was described as unprecedented time with no significant loss of muscle mass or strength. The consistent, low-stress KAATSU stimuli allowed him to fight off the expected muscle atrophy, keeping his leg strong and giving him a massive head start on his physical therapy. He signed a new NFL contract for his largest career compensation package.

KAATSU APPLICATION

Danny began using passive KAATSU Cycle sets at home every day, three times a day — morning, afternoon, and evening. He would often perform the KAATSU Cycle sets while simply sitting on his couch watching ESPN on TV, contracting his thigh muscles isometrically.

WHY THIS MATTERS

This is a high-profile example of KAATSU's power in post-operative recovery. It proves that NFL players — and others — can send a powerful muscle-preserving signal to their bodies without needing to put dangerous stress on a healing ligament.

08

OF TWELVE

A RECORD-BREAKING SPINAL RECOVERY

Ryan Hurst

*From 4-vertebrae fusion to discharge in five days.**4 vertebrae fused. 7 screws. Five days from surgery to discharge.*

Ryan Hurst · November 2023

THE CHALLENGE

In a severe car accident in northern Japan in November 2023 that threw him from his car, long-time KAATSU user Ryan Hurst suffered burst and compression fractures of multiple thoracic vertebrae, requiring a massive surgery to fuse 4 vertebrae with 7 screws.

THE OUTCOME

His recovery was astonishingly fast. Just **three days after the 4-vertebrae fusion**, Ryan passed all his physical therapy clearance tests, including walking up and down stairs. He was discharged from the hospital only five days after the surgery.

KAATSU APPLICATION

This is a story of proactive recovery. Just two days after the accident and **before** his major surgery, Ryan began using passive KAATSU Cycle sets on his arms while in his hospital bed. He added leg cycle sets two days **after** the surgery.

WHY THIS MATTERS

Ryan's story is the ultimate case for using KAATSU for both pre-hab and immediate post-operative care. By improving circulation and sending a systemic repair signal before and after surgery, he created the optimal environment for his body to heal at an incredible rate.

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MORE STORIES

RAPID RESULTS IN THE REAL WORLD

More Stories of Rapid Recovery

STORY 09 · FIREFIGHTER

A Fireman's Broken Leg

5.5 wks

VS. 6–8 EXPECTED

A firefighter and friend of Dave Carlson suffered a clean break of his fibula while snowboarding. His initial prognosis was 6–8 weeks before returning to light duty. He began using KAATSU for up to 6 hours a day. He returned to his doctor after 5.5 weeks, and the doctor was shocked to find the bone was **completely healed**, clearing him for active duty in less than half the expected time.

STORY 10 · GYMNAST, AGE 13

A Young Gymnast's Thumb

48 hrs

TO COMPETITION-READY

Just two days before a major competition, a 13-year-old gymnast injured his thumb, leaving it discolored and painful. He performed several KAATSU Cycle sets on his arms. By the morning of the competition, the discoloration was gone, the pain had fallen significantly, and he was able to perform well.

STORY 11 · TODD LODWICK · OLYMPIAN

A 6-Time Olympian's Comeback

Sochi 2014

FINAL GAMES, ON TIME

28 days before the Opening Ceremony of the 2014 Winter Olympics, 6-time Olympic ski jumper Todd Lodwick sustained a broken arm and torn ligaments in a training accident off the Large Hill. He used an intense program of KAATSU to accelerate his rehabilitation, allowing him to recover in time to compete in his final Olympic Games.

STORY 12 · STEVEN MUNATONES

A Perfect Storm

Saved by his son

A SECOND CHANCE AT LIFE

At 56 years old, Steven Munatones collapsed in his home due to a widowmaker heart attack in front of his children. His 17-year-old son did CPR to save his life, but he did not emerge from a coma for 6 days. With a stent in his heart, he was the first person to do KAATSU cardiac rehab on himself, steadily regaining 24 lbs. and full physical functionality within 9 weeks.

CIRCULATION IS KING

Thee Common Thread: Circulation is Critical

How can one technology help a cancer survivor rebuild muscle, a Green Beret regain function, a firefighter soothe his arthritis, and a heart attack survivor return to a fully functioning lifestyle?

The answer is simple:

They all share the same underlying physiology.

Every story in this guide is a testament to one foundational truth: the human body cannot heal without proper circulation. Your blood is your body's life force. It is the delivery mechanism for oxygen, nutrients, and the powerful healing hormones that your brain releases. It is also the waste-removal service for the metabolic byproducts that cause pain and inflammation.

Whether the challenge is a broken bone, a torn ligament, a neurological injury, or the systemic stress of a chronic disease, recovery stalls when circulation is compromised.

KAATSU works by systematically improving the health and function of this critical system. It is a catalyst that empowers your body's own incredible, innate ability to heal.

YOUR NEXT STEP

These stories aren't outliers. *They're what's possible.*

The stories you've just read are not outliers. They are examples of what is possible when you give the body the opportunity that comes with KAATSU.

The common thread among these individuals is empowerment. These individuals didn't just wait to get better; they took an active role. They used a safe, proven technology to create a physiological environment that was optimized for repair, recovery, and resilience.

Whether your goal is to bounce back from an injury, manage a chronic condition, or simply maintain your strength and vitality for years to come, the principles are the same. By optimizing your circulation, you are giving your body the fundamental tools it needs to thrive.

The next step is to learn how this science applies to *you*. Our team of certified specialists is here to answer your questions and help you understand how KAATSU can fit into your personal health journey.

[READY TO START YOUR OWN RECOVERY STORY?](#)[WRITE TO US](#)

Email our team to ask how KAATSU can help with
your own recovery journey.

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