



# CASE STUDY: LINCOLN CITY FC

## BACKGROUND

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*Further to a referral from a fellow professional football club, Mike Hine requested to meet with Daniel Billington from RP-X Fitness. As the Business Development & Sales Manager, Daniel arranged to visit Lincoln City Football Club to discuss at length's the Club's recovery strategy and in particular how the Recovery Pump product may aid them with the forthcoming congested block of festive fixtures.*

*Daniel undertook a thorough demonstration of the new RP Lite Unit from Recovery Pump with Mike, and then left a system for the players and medical team to use over the next 30 days.*


*During this time the feedback from the players and Mike was fantastic, which was backed up by the investment of a total of 4 RP Lite Systems and associated Anti-Gravity Chairs so to create a Recovery Lounge.*

*From the implementation of the Recovery Pump, and subsequent purchase, Lincoln were undefeated in December and strengthened their position in the Play Off places going into 2018. Danny Cowley was also named Manager of the Month in December too.*

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## TESTIMONIAL

The image features a red background. On the left, there is a photograph of a football stadium with green grass and red seating. On the right, there is the Lincoln City FC crest, which is a shield divided into four quadrants with the letters L, C, F, and C. In the center of the shield is a yellow figure of a person with arms raised, and the text 'The Pumps' is written across it. Below the shield is a banner that reads 'LINCOLN CITY F.C.'.

**"THE RECOVERY PUMP LITE PRODUCT WAS IMMEDIATELY INCORPORATED INTO OUR RECOVERY REGIME AT LINCOLN CITY FC.**

**WE FOUND EFFECTIVENESS IN THE PRODUCT, SWIFTLY, WITH REGARDS TO THE PLAYERS SUBJECTIVE FEELINGS AND FATIGUE MONITORING DATA IMPROVEMENTS THE DAYS FOLLOWING USAGE. WE PURCHASED ADDITIONAL PUMPS IN ORDER TO SUPPORT OUR CONGESTED CHRISTMAS FIXTURE SCHEDULE OF 5 MATCHES IN 16 DAYS.**

**HAVING 5 RECOVERY PUMPS ACCESSIBLE DURING THIS PERIOD FOR DAILY USE AT THE CLUB, ON THE COACH, IN THE HOTELS AND FOR THE PLAYERS TO TAKE HOME WITH THEM AFTER TRAINING AND GAMES ENSURED MAXIMAL RECOVERY OPPORTUNITY DURING THIS GRUELLING PERIOD.**

**WE ACHIEVED 10 POINTS OUT OF A POSSIBLE 15 AND THIS WAS DEEMED SUCCESSFUL WITH THE CHALLENGE OF THE CONDITIONS AND OPPONENTS IN THAT PERIOD.**

**WITH A SMALL SQUAD WE FIND THE DEVICES TO BE EXTREMELY CRUCIAL TO OUR RECOVERY SESSIONS AND INTERVENTIONS, WE HIGHLY RECOMMEND, AS DO OUR PLAYERS."**

**MIKE HINE - HEAD OF SPORTS SCIENCE AND MEDICINE @LINCOLN CITY FC**

## WHAT ARE THEY SAYING ABOUT US:

<http://twitter.com/statuses/944873581984534528>

<http://twitter.com/statuses/943871123766333442>

<http://twitter.com/statuses/939446228147998720>

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*If your Club or National Governing Body are interested in a Recovery Pump Demonstration and 30 Day trial please reach out to Daniel via email on:*

<mailto:db@rp-x.com>

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