Abundant Health Physical Medicine Describes Normatec Compression Therapy

October 05, 2026

DAVENPORT, IA - October 05, 2026 -
Abundant Health Physical Medicine offers Normatec compression therapy at its Davenport, Iowa clinic. The clinic page describes the Normatec Recovery System as compression boots that use dynamic air compression. Sessions are available on their own or as part of the clinic's Renew + membership.

The page says the system creates a pulsing action that gently squeezes the legs and hips. Clinic text states that this action is intended to stimulate lymphatic drainage and the elimination of lactic acid, and that the massage-like effect is meant to support movement and flexibility in the legs and hips while reducing tension. Compression strength can be adjusted. The page says the sensation should feel soothing, similar to a massage. It also says the system can be used before athletic events to loosen muscles.

Session length depends on the person's condition and goals. The page lists a typical range of 10 to 30 minutes and says sessions can be scheduled as often as needed. Unlimited use is included in the Renew + membership. The page describes the system as an option for athletes at various levels, including weekend participants and people who train regularly, as well as parents who are on their feet through the day.

The same page lists situations in which the system should not be used. Those include acute pulmonary edema, acute thrombophlebitis, acute congestive cardiac failure, acute infections, deep vein thrombosis, episodes of pulmonary embolism, wounds or lesions at or near the application site, bone fractures or dislocations at or near the application site, tumors, and cases in which increased venous and lymphatic return would be harmful. The clinic presents these limits as part of the service description.

Dr. Sinan Gocmen, D.C., is the chiropractor at Abundant Health Physical Medicine. He graduated from Palmer College of Chiropractic in 2013. The clinic lists certifications in the Webster Technique, Torque Release Technique, advanced extremity adjusting, and as a Functional Hyperbaric Clinician. He opened the practice after seeing a local need for coordinated natural and alternative care. Plans follow the Renew

Healing Framework, which the clinic describes as care built from examination findings.

"Normatec uses dynamic air compression on the legs and hips to provide a comfortable compression session," said Dr. Sinan Gocmen, D.C., chiropractor at Abundant Health Physical Medicine. "Sessions typically last 10 to 30 minutes, and the compression level can be adjusted based on individual comfort. It is a simple option that can fit into a patient's wellness routine."

Dr. Gocmen added, "The clinic offers Normatec compression therapy on its own or through the Renew + membership. The page frames it as a recovery option after activity and, in some cases, before athletic events, with lymphatic drainage and muscle tension listed among the reasons patients ask about it."

Patient visits at the clinic begin with a review of health history. A physical examination may assess the spine, joints, and range of motion. On-site tools include digital X-rays, ultrasound, and Fit3D scans. A concierge patient care coordinator meets with new patients to see whether available services match the situation. Referrals are arranged when they do not. Many insurance plans, including Medicare, participate with the clinic. Insurance participation is a general practice detail and does not indicate that Normatec compression sessions are covered by those plans.

The Normatec system is one of several modalities listed on the clinic site. Others include spinal and knee decompression, medical grade red light therapy, and mild hyperbaric oxygen therapy. Those services are described on separate pages. The Normatec page limits its discussion to compression of the legs and hips, session length, membership access, and the conditions in which use is not advised.

Dr. Gocmen entered chiropractic after recovering from a severe illness following an adjustment. He moved to Davenport, Iowa, and finished training at Palmer College of Chiropractic. He is a husband and father of two children. The clinic says he provides care for athletes from weekend participants to professionals, which is the context in which the Normatec page discusses activity recovery.

The page does not report clinical trial results. It describes how the device is used at the clinic and which patients should not receive it. Statements about lymphatic drainage and lactic acid appear as the clinic's description of the intended action, not as measured outcomes from a named study. Session frequency is left to condition and goals rather than a fixed protocol.

Abundant Health Physical Medicine continues to offer Normatec compression therapy as a stand-alone session or through Renew + membership. Use depends on the limits listed on the page, including clotting, infection, acute heart failure, and fractures near the site. Staff use the initial consultation to determine whether the service fits.

Abundant Health Physical Medicine is a physical medicine clinic in Davenport, Iowa. Dr. Sinan Gocmen established it after graduating from Palmer College of Chiropractic in 2013. The practice provides chiropractic evaluations and recovery modalities, including the Normatec Recovery System, through individualized planning under the Renew Healing Framework

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For more information about Abundant Health Physical Medicine, contact the company here:Abundant Health Physical MedicineSinan Gocmen D.C.(563) 275-6332info@getabundanthealth.com2227 Jersey Ridge Rd, Davenport, IA 52803

Abundant Health Physical Medicine

At Abundant Health Physical Medicine, we offer a patient-centered approach to neuropathy treatment at our clinic in Davenport, Iowa

Website: https://www.getabundanthealth.com

Email: info@getabundanthealth.com

Phone: (563) 275-6332