

The Marc Pro

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Recover and Condition: The Marc Pro



I recently received a Marc Pro to review for our visitors on GolfLife.com and our Golf Life Social Media pages. The Marc Pro is a muscle conditioning device that is intended to stimulate specific muscle groups, that will allow normalization of the tissue through the movement of nourishment and waste. Now I took this description from the Marc Pro website. So what does this mean to you the average golfer? Put simply, if you have aching or sore muscles in your back, legs and arms, the Marc Pro allows you to recover faster by reducing muscle fatigue and soreness.



How does it work? This is the part that requires a little dedication for sure. Basically you stick self adhesive electrodes on your skin in specific locations. For example, if I'm having lower back pain place four electrodes in four locations. You then connect the electrodes to the Marc Pro modem that features two channels. The Marc Pro Device is simple, with two dials that allow me to turn up the intensity of the electrical pulses and LED screens showing intensity of each channel. The Marc Pro sends electrical pulses through the electrodes to my muscle and the muscles contract. Again, getting setup and connecting to the device requires some time commitment.

explained that the Marc Pro was stimulating my muscles and causing them to contract through electricity. The kids obviously wanted to know if it hurt. I explained that it is a bit uncomfortable or odd feeling at first, but it didn't hurt and was easy to get use to after a few minutes.



Probably the biggest challenge is committing the time and focus to connecting to the Marc Pro and sitting still for 30 - 60 minutes. This is the length that the company advises and if you are going to work on several muscle groups, that is a lot of time commitment. However, if you leave the unit on your desk, it is not too difficult to use during work or TV time. I'm actually taking a back session while I'm typing.

I've found the muscle conditioning to be very effective for my shoulders and upper back, where I tend to have stiffness, neck and shoulder pain. However, you are going to twitch or contract a lot with some areas of the body, so it is some times hard to do much more than sit still while taking these treatments.

I was also very curious how and why it works. The process is called Active Recovery. Essentially, by allowing nourishment to come into muscles and waste to be removed, you can recover faster. The contraction caused by the electrical pulse allows the blood vessels to widen and increases circulation to muscles. Another benefit is that muscle activation provides something called "mechanical stress" which releases myokines, our natural process of tissue regeneration.

I will say the process is very effective. I'm getting a bit addicted to the process now that I've become comfortable hooking up to the Marc Pro. It was pretty easy to get started by visiting marcpro.com. They have short videos that show you exactly where to place the electrodes to target different muscle groups. I find that I use it more for my lower back and up back / shoulders, simply because it requires more time and wearing shorts or disrobing to work on groin and glute areas. However, for those with leg pain or desire to condition your hamstrings, hip flexors and glutes this is one of the most interesting personal treatment options I've seen.



Bottomline, the technology works. I was a collegiate wrestler, so I feel that I understand my muscles and pain pretty well through the years of training and injuries. For me nothing can replace yoga and stretching. However, as I've gotten older with more pain and less time, I have more back and shoulder pain and less time to get in my yoga sessions. If I grab golf clubs in hit balls our swing lab or go out for a quick round, I find that I create pain in my back and hips. I can see how the Marc Pro will be a great tool to recover in the evening after a round or practice session and I'm interested to see how the long term stimulus of the muscles lead to less back and hip pain and better conditioned muscles.

The device is not for those who are not committed to using it and getting results. However, each Marc Pro Device is sold with a 30 Day Money Back Guarantee, so there is really no risk to get a unit, give it a try for a few weeks and if you find it useful like I have the cost will be worth it. We tested the base model Marc Pro Device which sells for \$649. Considering the benefits of restoring circulation, muscle recovery and overall conditioning I'd say giving the Marc Pro a try is worth the effort. Get one today at marcpro.com

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