



The Athletic

How Bucs prepare for long trip to Munich: Tart cherry, fireflies, sleep glasses | 11.09.22

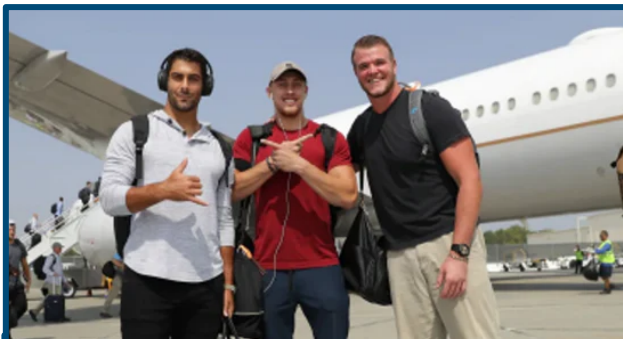
"They also can use "fireflies," which are small, battery-powered neuromuscular stimulators that attach on the side of the knee and prompt the peroneal nerve to pump the calf muscle to increase blood flow. 'Sport science is cool, right? I think it's really cool,' said defensive lineman Will Gholston, reaching for a bag of fireflies in his locker."



LA WEEKLY

The Best Recovery Products to Try in 2022 | 08.22.22
Firefly – Most Innovative

"Firefly Recovery has changed the game by providing a portable, easy to use, scientifically proven athletic recovery device that is trusted by over 250 pro and collegiate teams. Firefly Recovery allows athletes to recover anytime, anywhere with no cords or plugs by increasing blood flow throughout the body by 400% enabling athletes to recover 3X faster."



SI

Meet Tom Zheng, One of the 49ers' Secret Weapons to Staying Healthy This Season | 01.28.22

"On the plane ride from Santa Clara to Green Bay, many of the 49ers were wearing Fireflies. If you're sitting for long periods of time, it helps keep the blood pumping. The goal was to avoid the dead leg feeling upon landing."



MARCA

Tom Brady & the Bucs will have two secret jet lag weapons for Germany game | 11.12.22

"The Tampa Bay Buccaneers training staff will hand each member of the Buccaneers roster a Firefly.... The device sends small electrical pulses to stimulate the peroneal nerve (in the leg) creating a slight foot "flutter" which increases blood flow by 400%. The increased blood flow means the muscles get more oxygen, nutrients and reduce overall fatigue."