

REPORT • NESA WORLD® XSIGNAL® • Tested on professional basketball players

XSIGNAL® IN SPORTS MEDICINE

What non-invasive neuromodulation is exceptionally effective for

Recovery after physical load

Accelerated HRV recovery to baseline after intense training. Proven in professional basketball (□).

Sleep improvement in athletes

Reduced sleep latency, increased deep sleep %. Critical for performance and recovery.

Reduced muscle fatigue

Mitochondrial recovery (P5). Borg/RPE ↓ 1-2 points for the same training load.

Sympathetic regulation

Fast transition from training sympathetic dominance to parasympathetic balance after session.

Sports injuries and recovery

Post-traumatic recovery, whiplash-related cervicgia (proven RCT).

Two-a-day training

Recovery between two sessions in one day to maintain quality of the second session.

Tournament cycles

After match or tournament - targeted recovery for next game.

Pre-tournament taper

Enhanced sleep and HRV in the final week before competition.

Chronic fatigue / overtraining

With accumulated fatigue and overtraining syndrome - ANS regulation.

Match stress control

Pre-game (NO P8) and post-game (with P8) different protocols for optimal response.

Why XSIGNAL® works in this discipline

Proven in professional basketball (microcycles in season). • **HRV-driven recovery** - objective performance marker. • **No banned substances** - 100% WADA / anti-doping safe. • **Post-training timing** - 30-90 min after - does not interfere with physiological adaptation. • **Combinable** with cryotherapy, NormaTec compression, massage.

HRV
↑ 60%
faster to baseline

Sleep ↑
quality and depth

RPE ↓ 1-2
perceived exertion

3
RCT in basketball

0
side effects

Scientific evidence: Recovery in professional basketball - microcycles (RCT) • Sleep + recovery young professional basketball (RCT) • Post-traumatic cervicgia (RCT)

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For demos, training or clinical pilots - get in touch.