



Intracell Technology: A Brief Review

Dr. Andrew S. Bonci

Intracell Technology™ is founded on solid, scientific evidence in muscle physiology. It employs a sophistication that attracts top level athletes, performing artists and those who aspire to obtain peak physical performance.

Intracell Technology™ engages the use of a simple, easy to use tool called the Intracell®. The Intracell® is a non-motorized device that is composed of a semi-rigid core around which independent, 1 inch spindles freely spin. This instrument was engineered to assist healthcare providers in the deep manipulation of soft tissues such as muscle.

The Intracell® has proved to be highly effective at its intended function, but new evidence strongly suggests that the benefits of Intracell Technology™ far outpace its original intentions. Following is a synopsis of these benefits which were researched by Dr. Andrew Bonci of the Sport Biomechanics Laboratory in New York.



The Q-10 Effect

Warm muscles perform better than cool muscles. Traditionally, athletes/horses would have to do light exercise to raise muscle temperature and enhance enzyme activity. This came at the expense of energy stores that could make the difference between first place and second place. Intracell Technology™ allows an athlete/horse to warm-up without expending energy reserves.

Speed, Strength and Endurance

Emphasis on flexibility training by most athletes/horses is almost non-existent. However, flexibility is crucial for developments in speed, strength and endurance. The usual approach to flexibility is less than optimal since muscle rarely stiffens uniformly. Typically, isolated segments of muscle become chronically shortened. Intracell Technology™ allows an athlete/horse to perform general stretching as well as segmental stretching procedures with a high degree of precision.

Barrier Trigger Points

Barrier trigger points are inflexible bands of muscle containing knots. These barriers set an artificial ceiling on muscle performance by restricting blood flow to the muscle. And, unrestricted blood flow is vital for both high performance and full recovery from exercise. Intracell Technology™ lifts the ceiling on performance by extinguishing barrier trigger points.

Growth, Repair and Glycogen

Restricted blood flow to the muscles following exercise hinders muscle growth, muscle repair and glycogen repletion. Blood flow restrictions are due to generalized muscle tightness and barrier trigger points. Intracell Technology™ relaxes tight muscle which enhances muscle growth, repairs tissue and augments glycogen repletion following heavy exercise.

Enhanced Lactic Acid Removal

During exercise, lactic acid can build to critical levels where optimal performance is sacrificed. Intracell Technology™ expedites the discharge of lactic acid from your muscles and encourages its conversion into glucose by the liver.

