

## Physio4All

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**From:** Physio4All [info=physio4all.com.au@mail31.us4.mandrillapp.com] on behalf of Physio4All [info@physio4all.com.au]  
**Sent:** Monday, 14 November 2011 12:02 PM  
**To:** Steve  
**Subject:** PHYSIO4ALL E-News: Men in Tights - The Benefits of Compression Garments

Learn about Compression Garments! PLUS Special Offer - 10% off Fisiocrem!!

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# PHYSIO4ALL E-News

## Men in Tights! The Benefits of Compression Garments

There are several types of compression garments on the market with many and varied claims. In a nut-shell, there is not a big difference between the major types of garments.

## Potential Benefits

- Temperature control
- Increased blood flow
- Increased strength and power
- Increased endurance



## Actual Benefits

- Reduction in Delayed Onset Muscle Soreness (DOMS) (muscle ache 12-72hrs after a hard workout)
- Increase in skin temperature (important on cold mornings/nights)

## Individual Considerations

- Sizing
  - Very important (Height vs. Weight fitting).
  - Small changes in the compression can make a big difference in comfort

and function.

- Cost
  - \$170 for long pants (approximate cost for some brands).
  - Price does not always guarantee quality, so shop around.
  - Do you need 2 pairs? (see below)



- Duration (12-72hrs)
  - Compression garments can be while exercising



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\*Not applicable for Pilates Patient Packs. One discount applicable per person. Patients must 'Like' the PHYSIO4ALL Facebook page and let the reception staff know before receiving the discount.

only. However if you want to reduce DOMS you need to keep wearing them for 12-72hrs. This may not be practical especially if you are sweating in them, but a spare pair can help in this situation.

- Comfort

- This is the **number one** reason people report wearing compression garments. Are they comfortable at rest, during exercise, when you sweat, on hot/cold days, can you wear them for a few days at a time?

Although the evidence is inconclusive for many other potential benefits, **there are no clear negatives to wearing compression garments if fitted correctly**. Think carefully about how you would benefit from them with your particular exercise routine and what you want to get out of them.

If you have any questions about how compression garments could benefit you please consult your one of our physiotherapists on **9922-2212**.



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