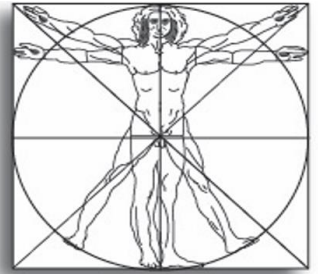


SOUTHPORT PHYSIOTHERAPY CENTRE



Summer 2022/2023

Compression Wear “Do these make me look sporty?”

Compression wear garments have become popular in the recent years.

All you have to do is watch athletes in the fields of squash, cycling, weight training, soccer and netball to see that compression wear is a popular trend and spreading to the rest of the population. But are they worth the cost?

Compression clothing companies claim that the garments increase blood flow to working muscles and improve recovery and performance.

The theory behind compression wear is that it claims to increase our body's blood circulation, helping ease muscle swelling during and after exercise. The fabric applies pressure to the surface of the body and compress and support the underlying tissue. However, the benefits of these garments may have been overstated.

While the theory sounds great, the research to back it up is mixed.

For many years compression wear has been used in the medical field to assist or prevent blood clots (especially after surgery or periods of immobility). These garments have been shown to reduce swelling and provide pain relief in legs for those suffering thrombosis (a blood clot in the vein or artery) as well as reducing the risk of DVT on long flights.

Custom tailored graduated compression garments can be effective for people suffering lymphoedema (swelling due to blockages to the lymph system).

These are specific health conditions.

As for the benefits to the general community the **results are inconsistent**.

Should I wear compression garments?

Yes- if you want to reduce chafing, provide general support to joint and muscles, or if you enjoy the 'look' which can boost self-confidence and make you feel good.

However, there is **no consistent evidence** to suggest that they enhance performance in sport, help with delayed onset muscle soreness (DOMS), prevent injury or significantly promote circulation.



Steven Gordon
B.Phty (UQ), BHMS

**Believe you
can and your
halfway
there-
Theodore
Roosevelt**

**SOUTHPORT
PHYSIOTHERAPY
CENTRE**

3E/34 High Street
Southport
QLD 4215

P: (07) 5591 4333

southportphysio.com.au