



DEVELOPING & DESIGNING THE RIGHT COMPRESSION

Several of the key benefits offered by compression apparel relate to the garment's ability to increase blood circulation throughout the body and muscles. To achieve all benefits, however, it is vital that the level of pressure delivered by the compression garment is correct. If the pressure is too low, blood circulation will not be assisted, and the benefits therefore not realised. If the pressure levels are too high, return blood flow to the heart can be inhibited.



2XU GRADUATED COMPRESSION

Graduated pressure refers to the varying levels of pressure throughout a compression garment. To promote improved blood flow to the heart, compression garments must have the maximum amount of pressure at the extremities and decline in pressure as the garment works back to the heart. In association with leading sports institutes and research bodies, such as the Australian Institute of Sport, 2XU is working to perfect a compression range which delivers maximum benefit to the wearer.



ALL IS NOT CREATED EQUAL

By referring to a certified skin pressure evaluator in conjunction with leading sports science institutions, 2XU has tested its compression garments against those of competing compression brands, to confirm that all is not created equal when it comes to compression garments. Careful measurement of several key points in each garment in millimetres of mercury (mmHg) has revealed 2XU as the leader in terms of adequate, graduated pressure throughout its garments. The new 2XU Compression Race Socks and Compression Socks for Recovery have also been tested against rival brands; again recording pressure measurements which pronounced them as the leading offering on the market today.



PERFORMANCE VS MEDICAL COMPRESSION

There is currently much confusion amongst consumers in terms of comparing medical grade compression garments against sport styled compression. Some of the medical grade compression garments which are worn for conditions such as lymphoedema, record pressure levels above 49mmHg. This level is for severe ailments and is not advisable for people with normal circulation. When wearing these high pressure medical garments, it must be remembered that these can be uncomfortable and possibly hinder the blood flow of a wearer with a normal circulatory system.



THE CORRECT LEVEL OF GRADUATED PRESSURE

Research such as the report by Sigel et al (1975) has concluded that average femoral vein blood flow is increased to 138.4% base line when the garment has pressure ratings of 18mmHg at the ankles and 8mmhG at the thigh. 2XU delivers pressure consistent to this in its compression tights and is committed to continue delivering the correct, rather than the highest, level of pressure in its garments. This pressure is achieved with a comfortable fitting material which, unlike medical grade compression garments, can be worn during exercise and over prolonged periods of time for recovery too.



LONG LIFE COMPRESSION

A final point to remember - the material that the garment is constructed from significantly influences the level of compression offered by a garment over time. After even a few wears, compression garments which are constructed from inferior Nylon and elastane yarns struggle to deliver an adequate level of pressure; drastically reducing the benefits to the wearer. In essence, while a cheaper compression garment may feel “tight” at the onset, no other compression garment will match the significant enduring benefits promised by 2XU’s exclusive circular knit 50 Denier Lycra fabric.

Compression 2XU – It’s In Our Fabric.