



## **Sport compression**

### **Compression garments in sport**

Compression has been used in the medical industry for 150 years. However only in recent times have people become aware of the advantages and performance benefits of wearing compression garments during and after exercise. Extensive research now proves that compression garments offer a range of benefits which lead to increased performance and body function.

### **Benefits during exercise**

- **Reduced damage:** Muscle containment properties in the garments reduce muscle damage. By reducing muscle damage during exercise and minimizing swelling post exercise, compression garments can significantly reduce the severity and duration of exercise induced muscle injury and soreness such as Delayed-Onset Muscle Soreness (DOMS)
- **Heightened agility:** Heightened proprioception increases senses and awareness for enhanced stability and agility. Enhanced proprioception can also help with improved technique as you remain aware of your body's positioning, improving balance control and muscle coordination.
- **Reduced fatigue:** During exercise your muscles are exposed to vibration. This major cause of muscle fatigue, known as muscle oscillation, can be reduced when wearing compression garments. This leads to improved muscle endurance, strength and power.

### **Benefits post exercise**

- **Improved recovery:** Compression garments provide greater pressure and recovery benefit by helping the pumping action of the cardiovascular system; removing blood lactate from exercising muscles, leading to faster muscle repair.
- **Improved circulation:** Faster warm up and overall enhanced circulation. Graduated compression of the limbs actively encourages and increases venous return to the heart and lymph to the lymph nodes.

***Whatever the sport discipline, 2XU represents the perfect recovery tool***

### **Hands On compression garments**

Hands On Lymphatics & Massage Therapy offers a wide range of the high quality 2XU sport compression garments. 2XU gear has proven to have a long lasting durability and is amazingly comfortable during exercise due to the following benefits:

- **Graduate pressure**
- **Antibacterial:** Minimize odour and prevent bacterial growth
- **Maximum UPF rating:** Sun protection rating 50+
- **Flatlock stitching :** Helps reduce chafing and enables garments to be used in a variety of sports and activities where comfort is essential
- **Moisture management:** 2XU compression fabrics channel moisture away from the skin, keeping you dry and comfortable.

Book an appointment now for a free consultation and fitting session! For further information and testimonials, please visit our website:

**[www.handsonmassage.co.nz](http://www.handsonmassage.co.nz)**

