



**4<sup>th</sup> International CIRC MEETING  
Working group  
“Sports and Compression”**

**7th October 2011 in Prague  
08:30-11:30**



Participants: Uwe Meyer, Klaus Hones, Jochen Bauer, Prof. Andreas Imhoff, Prof. Gerhard Bauer, Dr. Hermann Mayr, Prof. Helmut Lötzerich, Hermann Meyer

Under the headline sports and compression, the 4<sup>th</sup> international CIRC meeting took place in Park Inn Hotel, Prague on the 7<sup>th</sup> October 2011.

Compression garments are widespread among Top athletes and marketing campaigns are offering a variety of benefits. A review about the existing research shows the need for further scientific studies.

The interdisciplinary board discussed status quo and new approach in this field. Especially prevention of sports injury and use of products during recreation have been in focus.

Sports injuries as well as the use of compression socks and garments during sports performance and recovery have been discussed intensively.

The conclusion was that the positive effects of compression stockings and garments in all kind of sports should be evaluated in future studies and trials.