

Sport and Compression – Perspectives of stockings in sports.

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The benefits of stocking in sports are discussed under various conditions. The current results are evaluated with different methods like treadmill running, bicycle ergo meters, jump performance or peak power. Furthermore, the compression of stockings varied from elastic clothes with unknown compression to non elastic stockings, but mainly compression class I or II are used. Different manufacturers of compression garments (different compression values, production tolerances, fitting problems) are the reason that there is no comparability between the different research results. Currently, no study shows a decrease of performance caused by compression garments. On the other hand positive effects of performance or regeneration or well-being caused by compression garments are shown in 60% of the current studies. In professional sport every small chance and possibility of enhancement must be used. Optimal recovery is the guarantee to reach positively a higher training frequency in combination with higher intensities. For best results all recovery modalities must be used in professional sports. Benefits of stockings can be used without too much time spent for the athlete. Finally, athletes and coaches have only little knowledge of the benefit of stockings in preparation and recovery. Therefore, we need detailed and basic information about the positive effects of stockings in all kind of sports.