

# SIGVARIS

LIFE FOR LEGS



**PERFORMANCE**  
sports compression legwear

## maximize your energy

SIGVARIS sports compression products incorporate over 140 years of medical expertise. Now the wealth of experience of the world market leader in medical compression stockings is also available in the field of sports. SIGVARIS impresses with sophisticated constructions made from ultra modern high tech fibres, which are perfectly adapted to meet the needs of the athlete. For the first time, a compression product offers sports-specific functions and at the same time guarantees perfectly calibrated pressure on the leg.

During sport, SIGVARIS sports compression stockings and sleeves use controlled degression on the pressure, from the ankle up to above the calf, to speed up blood circulation and improve the supply of blood pumped to the muscles. In this way metabolic substances (e.g. lactates) are removed more rapidly and the muscle fibres are supplied with more oxygen. The precise sizing system takes into account all possible combinations of calf, leg and shoe size, so that every athlete is perfectly catered for.

The technique which is indispensable for the lower leg is all the more important for the thigh, the largest muscle of the locomotor system. The compression shorts fit perfectly into the system, take up controlled pressure from the lower leg and maximize energy in the whole leg.



## How compression works during sports

### 1. Muscle vibration/Oscillation

The compression fabric acts like a stabilising support and ensures a significant reduction in muscle vibration; the number of tears in the muscle fibre is reduced, which increases muscle performance.

> For fewer muscle injuries, aching muscles and cramps.

### 2. Joint stabilisation

The more stable the muscles are, the more finely balanced the action of the ligaments and joints (knee joint, ankle joint). Wear is reduced, in particular in the region of the Achilles tendon, and relief can also be provided for chronic inflammatory complaints.

> For the reduction of excessive stress.

### 3. Enhanced proprioception

Muscle activation enhances body sensitisation; athletes feel better, more stable, stronger and more «toned».

> For heightened sensory awareness.

### 4. Improved arterial inflow

Compression increases arterial inflow, which improves the blood supply to the muscles. An improved blood supply means that the muscles are supplied with more oxygen, which leads to increased performance.

> For increased and longer-lasting muscle performance.

### 5. Accelerated venous return

Finely calibrated pressure distribution on the leg. This speeds up the return of the blood and improves the removal of metabolic substances (e.g. lactates) from the muscle. Accelerated venous return ensures lighter legs, because there is less fluid retention in the tissues.

> For lighter legs, less aching of the muscles and faster regeneration.

### 6. Thermal regulation

While an improved blood supply generally shortens recovery, thermoregulatory effects additionally support the regenerative processes.

> For faster regeneration.

## The Performance Family:



COMPRESSION SHORTS MEN  
COMPRESSION SHORTS WOMEN

In combination with the Stocking/ Sleeve, the Compression Shorts ensure the systematic continuation of the concept of controlled compression on the leg. Besides the benefits of optimised blood circulation, other features are in particular proprioceptive effects and the protection of the muscles against microfiber tears. The Shorts are made from skin-friendly and thermoregulating yarns and impress with separate ladies' and men's styles, which take into account the different anatomical requirements and uncompromisingly give priority to the benefit they offer.



COMPRESSION STOCKINGS

The Performance stockings from SIGVARIS – the best thing that can happen to your running!

A combination of first-class functional fibres ensure controlled compression, increased performance and protection in one – ideally adapted to the different areas of the leg.

Outstanding wearing comfort through functional moisture regulation, optimum temperature control and effective odour reduction. An all-round concept for many laps round the track or in the forest.

## Perfection down to the last detail



Additive compression combination system:

COMPRESSION SLEEVES & SOCKS

**A world first:** The first and only Sleeve with degressive pressure for all-round use in water and on land. The Sleeve is resistant to salt and chlorinated water and impresses with its extremely thin material and high wearing comfort. Thanks to various comfort elements such as the anti-blister construction, the Compression Socks ensure a perfect appearance and can be changed often in frequent use and washed separately.

**Additive compression combination system:**  
The Sock is quick and easy to put on in the changing area. Together with the Sleeve already worn in the water, it represents a fully-fledged, degressive compression system.  
> Minimum time needed for maximum compression benefit.



# World market leader in medical compression stockings

True to the slogan «LIFE FOR LEGS», we develop highly effective compression products with a controlled, scientifically proven effect. SIGVARIS guarantees perfectly calibrated pressure and thus the controlled efficacy of this quality product. SIGVARIS has conducted the largest number of studies worldwide in the effect of compression and has optimised its products accordingly.

## Made in Switzerland

SIGVARIS sports compression products meet the highest quality requirements of our company. The complete production process, from development through knitting, packaging, finishing to product improvement takes place under the most stringent environmental requirements at our production site in St. Gallen.

## Guarantee

Quality and precision are basic values of SIGVARIS. Therefore, for all the products that we manufacture, we guarantee the use of the best materials and high-quality workmanship.



Only the CES seal of quality guarantees the controlled effect. Therefore you should always look out for the CES seal. It stands for «Controlled Efficacy Stockings» and gives you the confidence that your compression product benefits from decades of experience gained by the Swiss world market leader in the field of medical compression stockings.

# Without measuring – no effect

## Measuring makes the difference

No two legs are the same. Only products which are individually adapted to your leg measurements guarantee a perfect effect. SIGVARIS has developed an extensive sizing system for you, which takes into account all possible combinations of calf, leg and shoe sizes, so that every athlete can be supplied with the optimal compression product. Only a perfectly adapted product can guarantee optimal pressure and thus the effect of the compression.



# SIGVARIS

LIFE FOR LEGS

## maximize your energy

### SIGVARIS PERFORMANCE:

- increased muscle performance
- faster regeneration
- less muscle vibration
- 100% Made in Switzerland

Controlled compression from the world market leader in medical compression stockings.



SWISS  
MADE



reddot design award  
honorable mention 2010



reddot design award  
winner 2011



More information:  
[www.sigvaris-sports.com](http://www.sigvaris-sports.com)

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