



COMPRESSION SOCKS

Sore feet and legs from travelling, standing at work, or sitting for long periods of time?

Compression socks are perfect for keeping you more comfortable throughout your work day and activities.

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WHAT ARE COMPRESSION SOCKS?

Compression socks are designed specifically to help push blood up the legs and towards the heart. They come in all shapes and sizes, from knee-highs and thigh-highs to full or maternity pantyhose.

These socks are graduated, meaning there is higher pressure at your feet and ankles that gradually lessens towards the top of the socks.

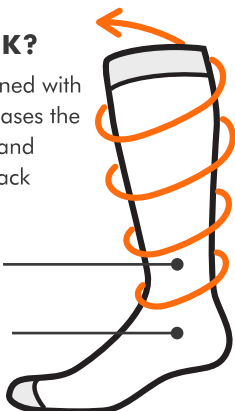
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HOW DO THEY WORK?

Compression socks are designed with a pressure gradient that increases the venous pressure in your legs and safely promotes blood flow back to your heart.

Limits inflammation
and helps soft tissue recovery

Improves Circulation
and reduces swelling



WHO CAN BENEFIT FROM WEARING COMPRESSION SOCKS?

If you **stand or sit for long periods** of time, compression socks will help promote circulation, minimize swelling, and reduce fatigue.



Athletes can benefit from increased oxygen delivery, decreased lactic acid, prevention of cramps, and reduced muscle fatigue.

Compression socks also greatly help people with **medical conditions** such as varicose veins and venous insufficiency.

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HOW DO I KNOW WHAT COMPRESSION LEVEL TO USE?

If you are using compression socks for non-medical reasons such as every day use or travelling, try a low compression level of 15-20 mmHg. For medical uses, your compression level should be prescribed by your physician ranging from 20-30mmHg to 40-50mmHg.

ARE THEY RIGHT FOR YOU?

Compression socks come in many styles, lengths and patterns. Our Fitting Experts will help you determine which socks will match your lifestyle, activities, and compression needs.

Talk to a Kintec Fitting Expert today!

