



Fewer Missed Games Due To Injury for Pro Soccer Players



Background

Soccer players commonly sustain leg injuries that result in lost time from practice and games which also poses financial detriment to the league. To enhance recovery, professional athletes have begun wearing recovery sleeves. The purpose of this study was to evaluate the effects of Incrediwear® non-compressive leg sleeves on time-loss and injury recovery in professional soccer players.

Study Design

Injury reports from the REAL Salt Lake® professional soccer team were retrospectively compared between two consecutive competitive seasons. None of the players wore a recovery sleeve during the first “No-Sleeve” season. During the “Sleeve” season, all players wore Incrediwear leg sleeves according to a prescribed protocol. Differences in events, games, and days missed between the seasons were analyzed.

Methods

Both the No-Sleeve season and the Sleeve season followed a standard recovery protocol implemented by the athletic training staff for all athletes who met the following criteria:

- i. Sustained a musculoskeletal injury to the lower extremity (determined by athletic training staff)
- ii. Experienced 10% or higher than their normal training load in distance, high speed running, and/or accelerations/decelerations that day (determined by athletic training staff)

The additional intervention for the Sleeve season included the use of the non-compressive recovery leg sleeve in conjunction with the standard recovery protocol that was already in place. The criteria for the use of the recovery leg sleeve were as follows:

- i. Injured athletes (minimum 1 hour before and 1 hour after events practice/games)
- ii. All travel days
- iii. Post-training: those 10%+ over their norm in distance, high speed running, and/or accelerations/decelerations don recovery leg sleeve minimum 1 hour after training.

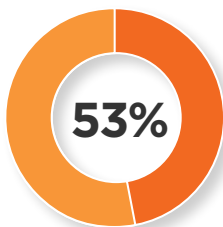
The recovery leg sleeve used was a product of Incrediwear, Inc. The leg sleeve is embedded with carbonized charcoal and germanium (Figure 1). Germanium is a nontoxic semiconductor metalloid located between tin and silicone in the periodic table. Semiconductors such as germanium differ from metals in that as the temperature of semiconductors increases, their resistance decreases. This is a result of germanium having more “free” electrons at certain temperatures, allowing for a higher conductivity. It is theorized that embedding germanium into cotton garments is an effective way to use the transdermal effect to create a micro electromagnetic field, leading to increased circulation and affecting the inflammatory process (Marino et al 2019, Lee et al 2018).



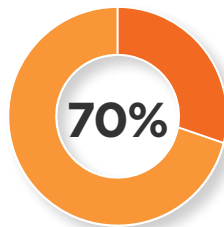


Key Findings

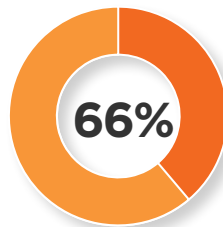
Compared to the No Sleeve Season, in the Sleeve Season players:



Fewer Days Lost to All Injuries



Fewer Mean Games Missed



Fewer Events Missed for Lower Extremity Soft Tissue Injuries

Conclusion:

The findings of the study demonstrate that the players from the Incrediwear® Sleeve season missed significantly fewer games and events following all lower extremity injuries when compared to the No-Sleeve season, with the only significant change in recovery protocol being the addition of the non-compressive recovery leg sleeves. Notably, both seasons had the same number of lower extremity injuries recorded, but mean time-loss due to injury was significantly lower with the addition of the Incrediwear recovery leg sleeves. Results of this study suggest that utilizing Incrediwear non-compressive leg sleeves may reduce the time lost due to soft tissue injury of the lower extremities in soccer athletes.

Effects of Incrediwear Recovery Wear on Time-loss for Professional Soccer Players

Authors:

Authors: Jonathan C. SUM¹, Adrian CHAVEZ², Brian D. STIRLING³, Tyler KNIGHT⁴

¹Division of Biokinesiology and Physical Therapy, Ostrow School of Dentistry, University of Southern California, Los Angeles, California, USA; ²BASE Training and Physical Therapy, Encino, California, USA; ³Stanford Health Care, Stanford Medicine, Redwood City, California, USA; ⁴Real Salt Lake Soccer Club(R), Major League Soccer(R), Salt Lake City, UT, USA