



# Less Muscle Soreness and Fatigue for Triathletes



## Leg Sleeve Self-Reported Fatigue Evaluation in Elite Triathletes

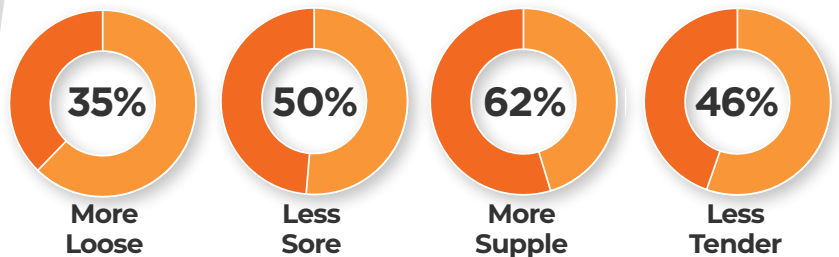
### Study Design

A group of 20 elite triathletes completed questionnaires at the start and end of an intensive 5-day training period. After the first questionnaire was completed, the triathletes were provided with an Incrediwear leg sleeve and instructed to wear it only on one leg throughout the recovery periods for 5 days. The questionnaires asked the athletes to report the fatigue and recovery of each leg, specifically comparing the soreness, suppleness, looseness and tenderness of the muscles.

**Athletes completed the following training volume during the study period:**

ACTIVITY	DISTANCE
Swim	12,092 m / 7.51 mi
Bike	158.7 km / 98.6 mi
Run	43.6 km / 27.1 mi

**Results:** The leg on which athletes wore Incrediwear® was...



...than the leg without Incrediwear®.

This demonstrates a significant improvement in muscle recovery on the leg with Incrediwear, and is likely a result of the increased blood flow, reduction in inflammation, and improved healing ability of cells and tissues resulting from the Incrediwear non-compressive technology.

### Conclusion:

The Incrediwear® leg sleeve provided statistically significant benefits in muscle recovery for the group of triathletes in this study, with improved muscle soreness, tone, looseness and tenderness after a 5-day intense training period.



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