



# Increased Blood Flow Leads to Faster Healing and Recovery

**The Effect of Therapeutic Garments on Blood Flow as Measured by a Laser Doppler Blood Flow Monitor**

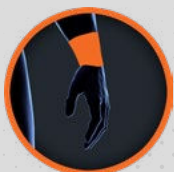
## Study Design

19 participants were tested after acclimating for 10 minutes to the ambient testing conditions. Then, they donned the garment for 20 minutes. Measurements of blood flow and blood speed were then taken for each participant in 8 different types of garments and 2 controls, for a total of 29 tests. Control garments were also measures for comparison.

## Garments Tested:



Shoulder Brace



Wrist Sleeve



Calf Sleeve



Knee Sleeve



Performance Pants



Circulation Socks



Trek Socks



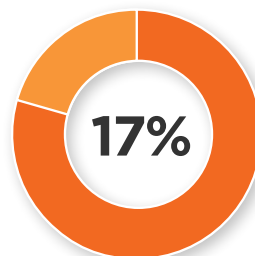
Brandage Wrap

## Measurement Technique: how does it work?

Laser doppler is a technique to measure blood flow and the speed that blood travels through microvasculature in the tissue. Laser doppler works by determining the shift in light that is scattered by moving red blood cells within the blood vessels. The signal of light emitted vs light returned is used to determine a relative measure of blood flow. Laser doppler is a non-invasive, continuous measurement technique that is extremely useful in the clinical setting.

## Results:

Increased blood speed and flow observed for all garments tested for all participants. An average increase of 17% in blood flow compared to the control garments was observed.



Increased Blood Flow

