

# Effects of Incrediwear Anti-Inflammatory Recovery Sleeves on Delayed Onset Muscle Soreness for Elite Triathletes



## Introduction & Purpose

- Following training sessions, elite triathletes suffer from delayed onset muscle soreness, preventing them from performing at their peak and increasing risk of injury.
- To enhance recovery, elite triathletes have begun wearing Incrediwear recovery leg sleeves to reduce delayed onset muscle soreness, but their effectiveness is unclear.

### INCREDIWEAR®

- Incrediwear® sleeves release negative ions from body heat, causing molecular vibrations thereby increasing blood flow (<http://www.incrediwear.com>)
- **PURPOSE:** To investigate the effects of wearing Incrediwear leg sleeves on **delayed onset muscle soreness** for elite triathletes.

**Study Design:** Retrospective Review of surveys from elite triathletes following training sessions.

**Data Analysis:** After outlier removal, t-tests compared the surveys regarding symptoms of Delayed Onset Muscle Soreness at three time-points following training sessions.

## Methods

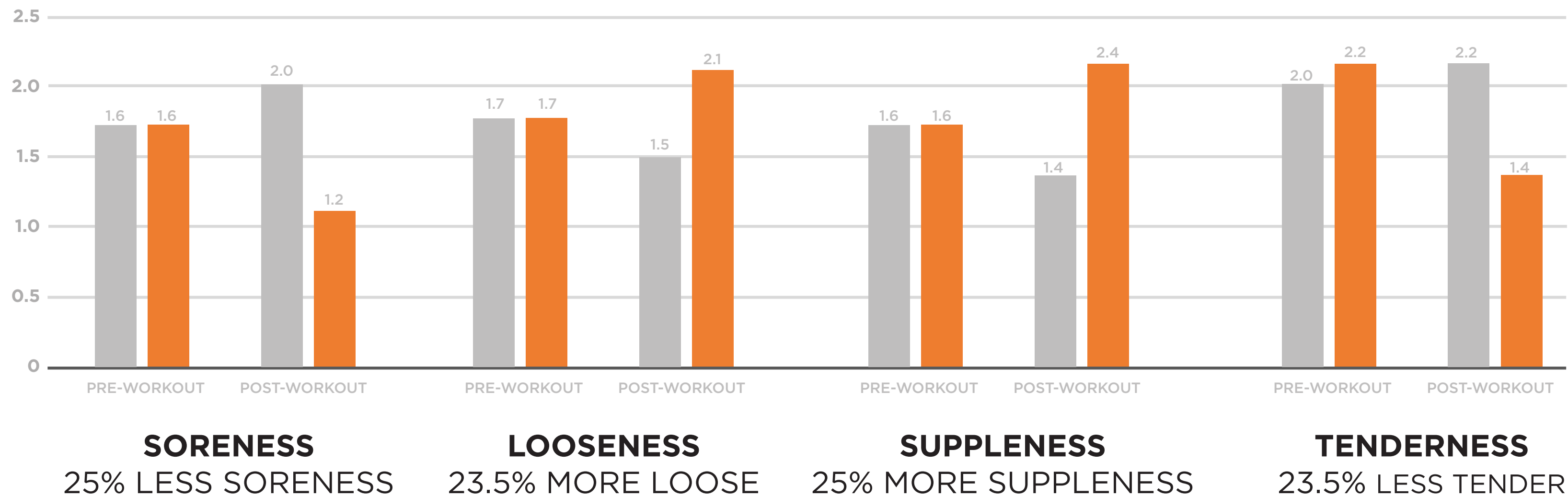
**Subjects:** Elite triathletes (n = 20, no Incrediwear on dominant leg, Incrediwear® on non-dominant leg).

### Incrediwear Protocol:

1. *Triathletes:* minimum of 9 hours per day following training sessions.
2. *Training:* included swimming, biking, and running over a 5 day period.

## Results

### INCREDIWEAR LEG SLEEVE IMPACT ON DOMS FOR ELITE TRIATHLETES



## Conclusion

Incrediwear recovery leg sleeves may help **reduce delayed onset muscle soreness** in elite triathletes following training sessions, which could be due to increased blood flow and result in accelerated recovery.

