

# Effects of Incrediwear® Recovery Leg Sleeves on Time-Loss for Major League Soccer Players

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## Introduction & Purpose

- Every season Major League Soccer (MLS) players are injured, resulting in time-loss.
- Strains and sprains accounted for 37% and 19%, respectively, of all injuries during two competitive seasons.<sup>1</sup>
- 92% of muscle injuries in MLS players occurred in the lower extremities.<sup>2</sup>
- To enhance recovery, professional athletes have begun wearing Incrediwear® recovery sleeves, but their effectiveness is unclear.



- 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 time-loss for professional soccer players.*

## Methods

**Study Design:** Retrospective Review of injury reports from one MLS team in 2015 and 2016

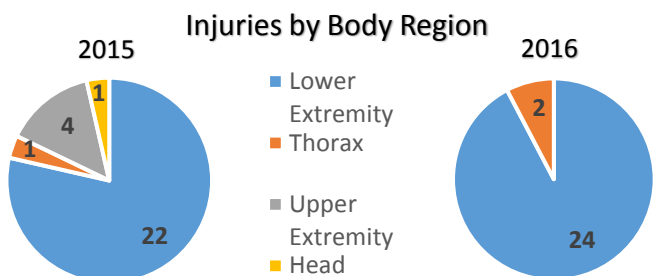
**Subjects:** 2015 season (n = 31, no Incrediwear®) and 2016 season (n = 28, using Incrediwear® protocol)

**Data Analysis:** After outlier removal, t-tests compared missed *games* and *events* between 2015 and 2016

**Incrediwear® Protocol (2016):**

1. Injured players: minimum 1 hour before and 1 hour after practices/games
2. All players: during travel days
3. All players: a minimum of 1 hour post-training if players trained at least 10% over their norm in distance, high speed running, and/or accelerations/decelerations.

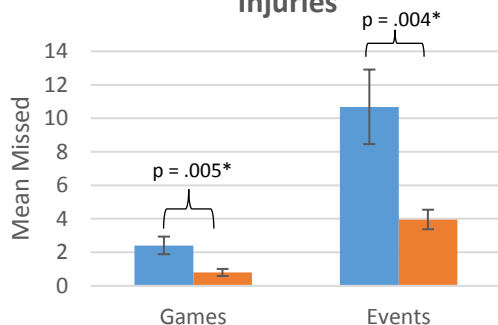
## Results



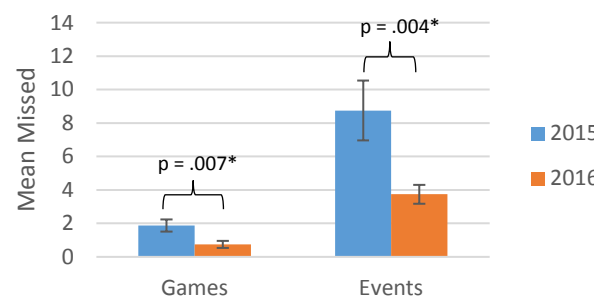
Types of Lower Extremity Injuries

	2015	2016
Strain	12	13
Sprain	3	4
Tightness	0	4
Soreness	0	1
Muscle Pain	1	1
Bone Contusion	1	1
Fracture	2	0
Internal Injury	2	0
Nerve Irritation	1	0

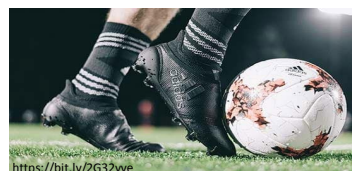
Time-Loss: All Lower Extremity Injuries



Time-Loss: Lower Extremity Soft Tissue Injuries<sup>†</sup>



<sup>†</sup>Soft Tissue Injuries: strain, sprain, tightness, soreness, and muscle pain



### FINDINGS

2016 players missed *significantly less games and events for lower extremity injuries and lower extremity soft tissue injuries* than 2015 players.

## Conclusion

- Incrediwear® recovery leg sleeves may help **reduce time-loss** in professional soccer players after *lower extremity injuries* and *lower extremity soft tissue injuries*.
- The reduction in time-loss could be due to increased blood flow, which could accelerate recovery.

## References

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2. Ekstrand J, Hägglund M, Waldén M. Epidemiology of muscle injuries in professional football (soccer). *Am J Sports Med.* 2011;39(6):1226-1232

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