

The power of SIGVARIS GROUP graduated compression stockings: Vitalize your legs and improve your work performance!



Background

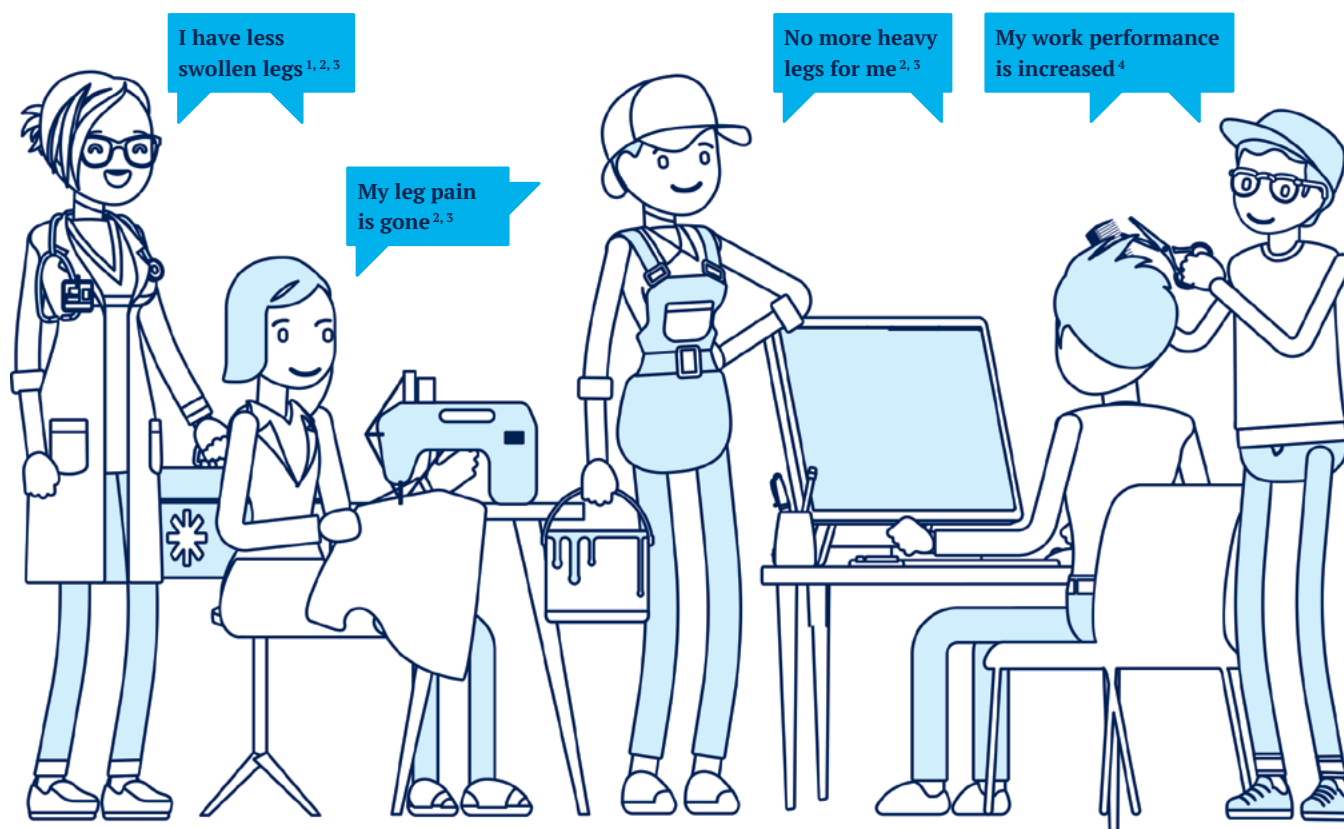
Sitting or standing for long hours can negatively affect your legs by causing leg swelling, pain & heaviness. This can lead to a decrease in work performance and can involve anyone working in different prolonged postures, regardless of the job sector.



Benefits of compression garments

Compression stockings have been proven to have beneficial effects on work performance.

Reduced leg swelling^{1,2,3}, Reduced leg pain^{2,3}, Reduced leg heaviness^{2,3}, Increased work performance in standing & sitting position⁴



SIGVARIS GROUP products

SIGVARIS GROUP has developed compression products that are designed to fit your needs and lifestyle. These products can help improve your circulation and increase your energy and performance.

Take-home message

Compression garments improve your daily life by enhancing your work performance.

References (1) Acute effect of wearing compression stockings on lower leg swelling and muscle stiffness in healthy young women. Sugahara I, Doi M, Nakayama R, Sasaki K. Clin Physiol Funct Imaging. 2018. 38: 1046-1053. doi:10.1111/cpf.12527. (2) Compression Hosiery for Occupational Leg Symptoms and Leg Volume: A Randomized Crossover Trial in a Cohort of Hairdressers. Blazek C, Amsler F, Blaettler W, Keo HH, Baumgartner I & Willenberg T. Phlebology. 2013. 28(5), 239-247. doi:10.1258/phleb.2011.011108. (3) Leg Symptoms of Healthy People and Their Treatment with Compression Hosiery. Blättler W, Kreis N, Lun B, Winiger J & Amsler F. Phlebology. 2008. 23(5), 214-221. doi:10.1258/phleb.2008.008014. (4) Comparison of 15-20mmHg versus 20-30mmHg Compression Stockings in Reducing Occupational Oedema in Standing and Seated Healthy Individuals. Belczak CEQ, de Godoy JMP, Seidel AC, Belczak S, Ramos RN, Caffaro RA. International Journal of Vascular Medicine. 2018. 2053985. doi: 10.1155/2018/2053985