

Contents

General Considerations for Compression Garments in Sports:
Applied Pressures and Body Coverage. 1
Braid A. MacRae, Raechel M. Laing and Hugo Partsch

**Effects of Compression Garments on Performance
and Recovery in Endurance Athletes** 33
Florian Engel, Christian Stockinger, Alexander Woll
and Billy Sperlich

**Effects of Compression Garments in Strength, Power
and Speed Based Exercise** 63
Rob Duffield and Judd Kalkhoven

**Compression Garments and Performance Enhancement
in Balance and Precision Tasks** 79
Lars Donath and Oliver Faude

Compression Garments and Recovery 89
Jessica Hill

Compression Garments in Sports: Athletic Performance
and Recovery

Engel, F.; Sperlich, B. (Eds.)

2016, V, 111 p. 10 illus., 3 illus. in color., Hardcover

ISBN: 978-3-319-39479-4