



# ***i*NCREDIWEAR<sup>®</sup> IN ACTION**

Accelerate performance and recovery





RUNNING



CYCLING



TEAM SPORTS



OUTDOORS



WINTER SPORTS



# ***i*NCREDIWEAR<sup>®</sup> IN ACTION**

Accelerate performance and recovery



SPORTSWEAR



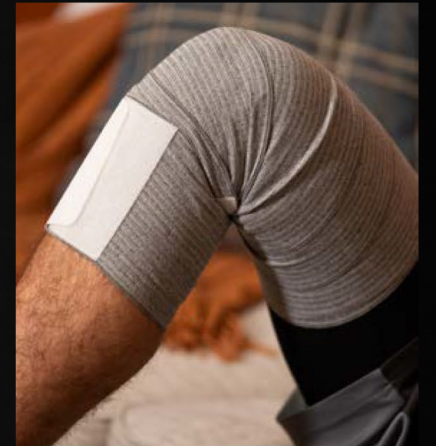
PREVENTION



RECOVERY



SUPPORT



POST-SURGERY



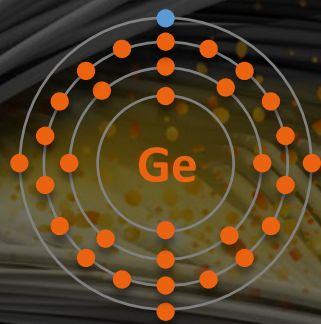




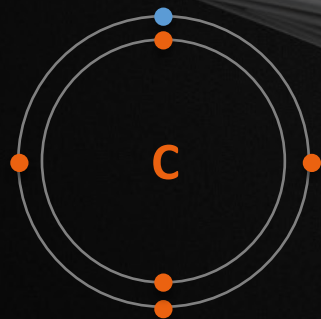




GERMANIUM  
+  
BODY HEAT  
+  
CARBON

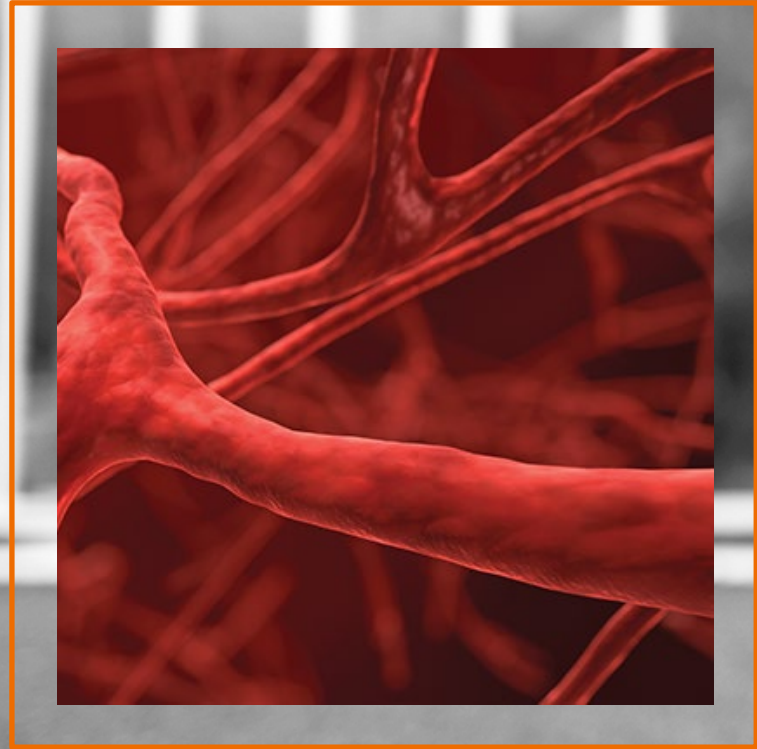
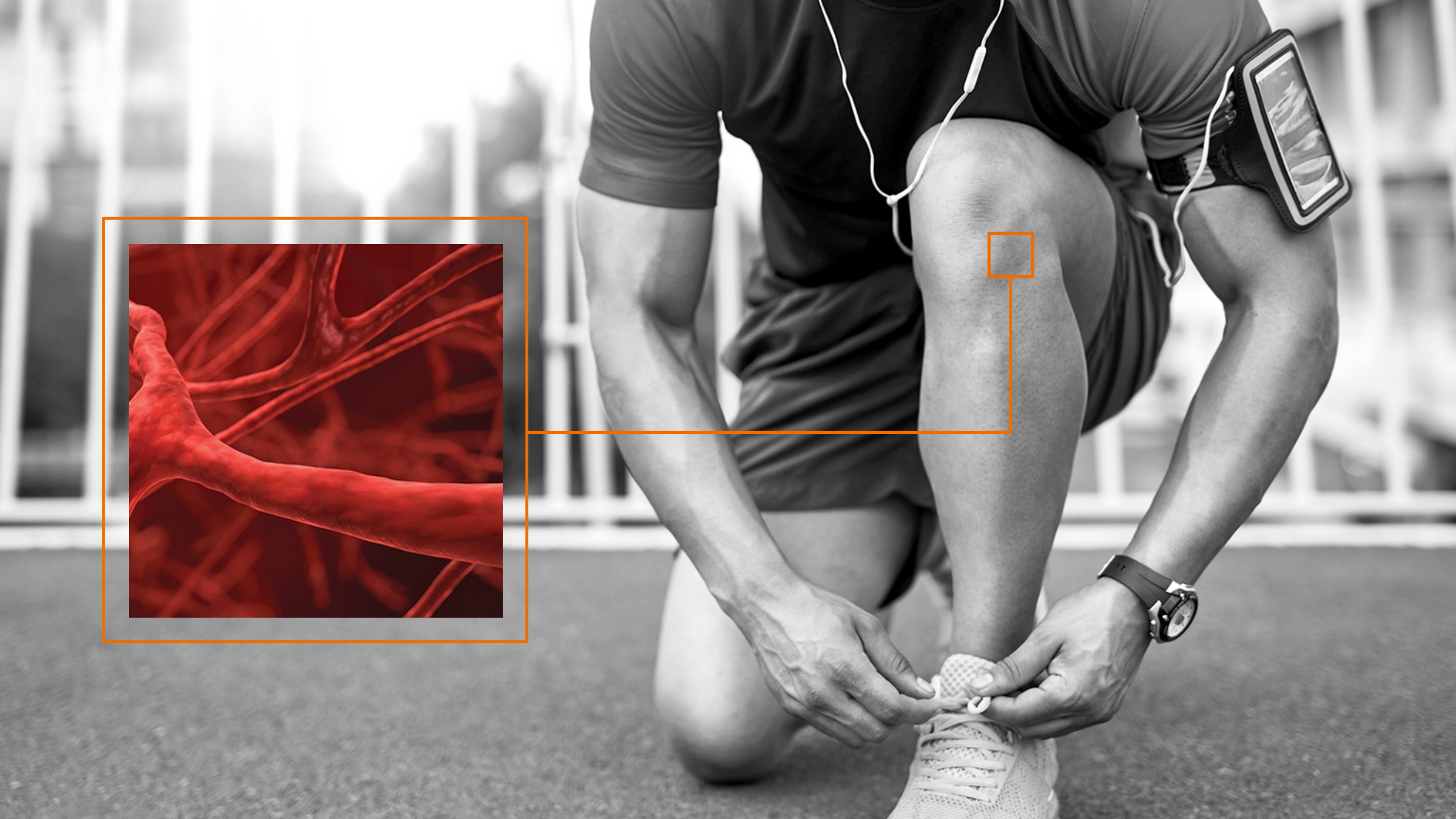


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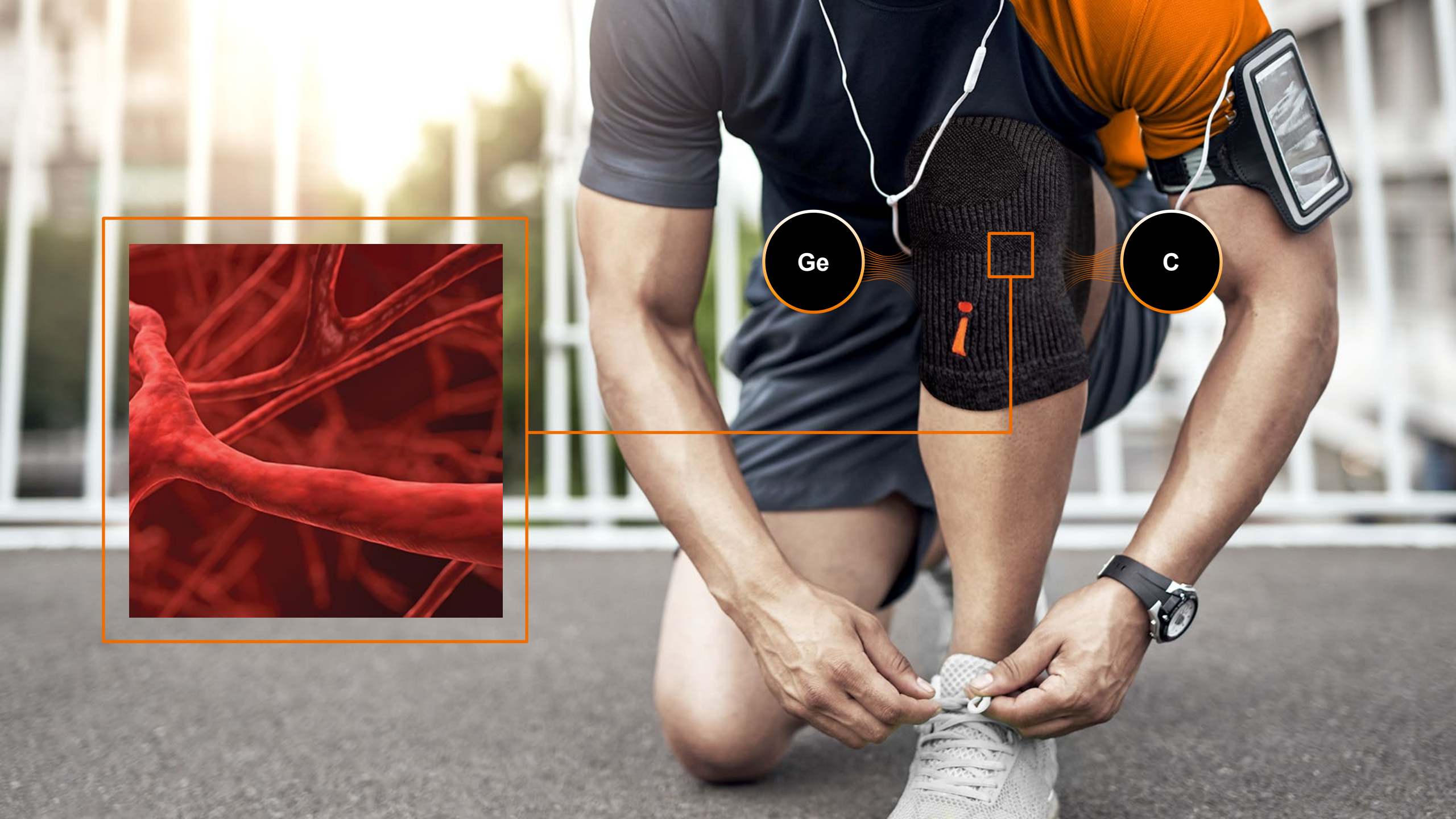


INCREASED  
BLOOD FLOW  
RECOVERY  
PERFORMANCE  
+  
DECREASED  
INFLAMMATION  
TISSUE DAMAGE  
STIFFNESS & PAIN



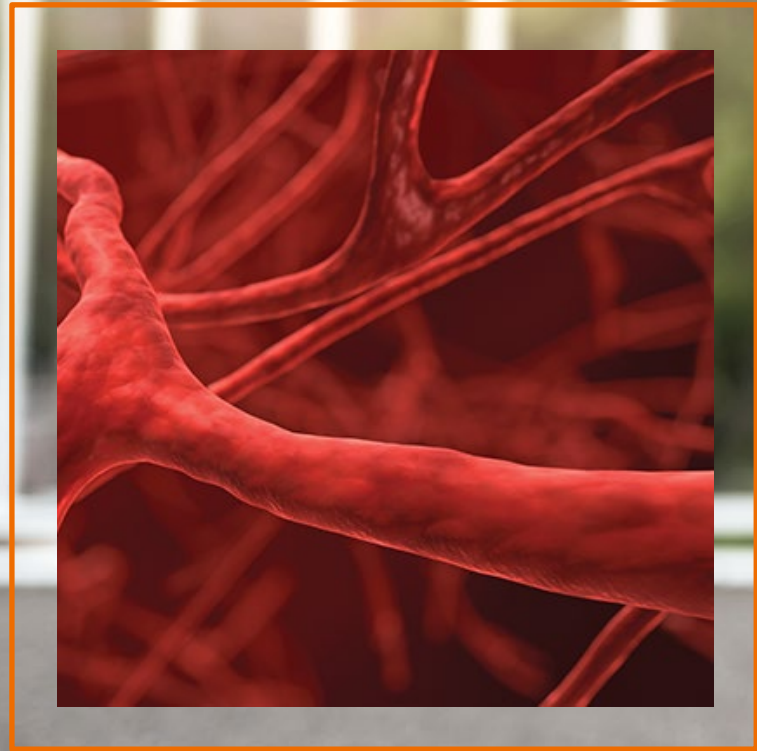






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# THE THERAPEUTIC PRO

Negative ions penetrate the body and come in contact with cellular structures causing cellular vibrations and micro-contractions within surrounding muscle groups.

In turn, the cellular vibrations increases blood flow to optimize the body's natural healing process.



## INJURY. REDUCED CIRCULATION

Damaged tissue becomes swollen and overwhelmed with damaged tissue, oxygen and nutrients can not be delivered to the injured tissue.

## NEGATIVE IONS IN FABRIC ARE RELISED

Body heat activates the semi conductor embedded in the threads causing the fabric to release mid and far infrared waves.

## INCREASED CIRCULATION

Incrediwear technology increases the energy to the damaged area, pushing swelling into the lymph system, flushing the vascular system and venous system and delivering macrophage, oxygen and nutrients to accelerate recovery by 50%.



IMPROVED  
OXYGENATION

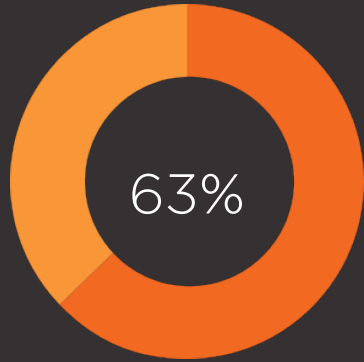


IMPROVED  
NUTRIENT TRANSPORT





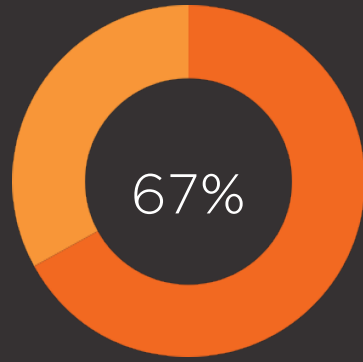
## STUDY FINDINGS



PAIN REDUCTION FOR  
OSTEOARTHRITIS

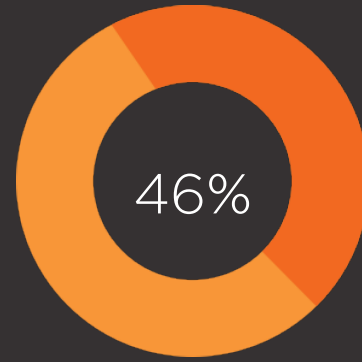
Peer Reviewed Study

Oct 2019 Orthopaedic  
Journal of Sports Medicine



FEWER  
INJURIES

FC COLOGNE STUDY  
2018/2019



FASTER  
RECOVERY

USC PT AND  
REAL SALT LAKE SOCCER CLUB  
2016

1 **CARBON AND GERMANIUM**

are semiconductor elements embedded in Incrediwear fabric

2 **VIBRATION OF CELLS**

occurs when the semiconductor elements react to body heat

3 **INCREASED CIRCULATION**

is triggered by the cellular vibrations

4 **LYMPHATIC DRAINAGE**

happens when circulation increases, reducing swelling and pain while promoting recovery





32: Germanium 2,8,18,4

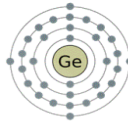


Figure 2: Show germanium has 32 electron and has four electrons in its outer shell.

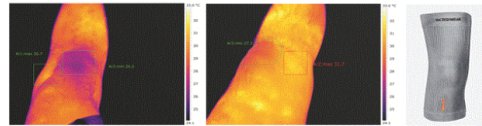


Figure 3: Shows before and after thermographs, suggested increase of heat cause by increase in microcirculation. Germanium embedded knee sleeve. (courtesy of incrediwear).

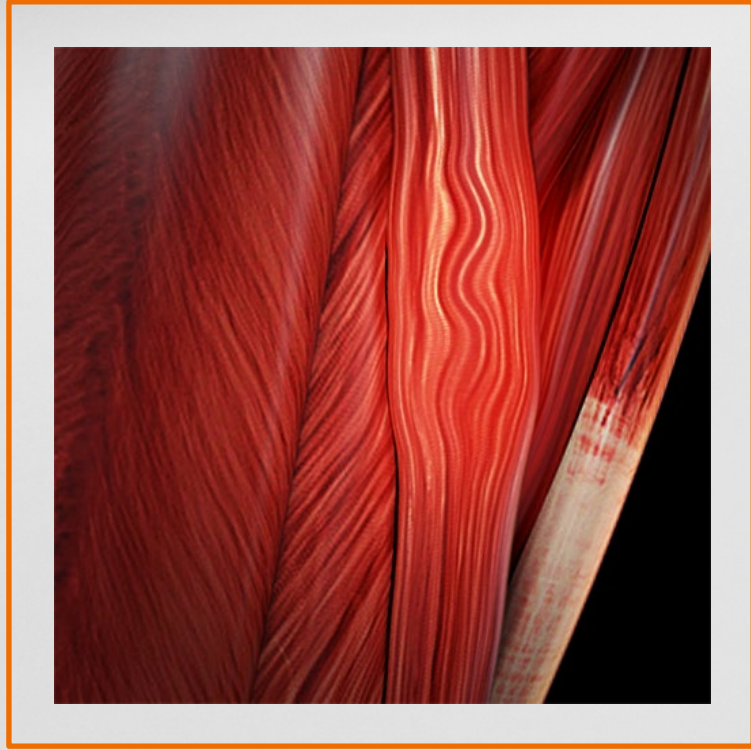
### Conclusion

Knee OA continues to be a leading source of morbidity within the UK population, optimization of conservative treatment remains important in delaying the need for surgical intervention. Offloading knee braces for uni-compartmental arthritis have demonstrated minor improvements in pain and function when compared to controls. Research is yet to compare various models and types of offloading knee brace. Initial germanium product uses have begun to demonstrate that innovations in anti-inflammatory drugs to help manage knee pain.

### References

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2. Arthritis Research UK (2018) State of musculoskeletal health 2017.
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5. Müller-Rath R, Cho HY, Siebert CH, Miltner O (2011) Clinical and gait analytical investigation of valgus knee bracing in therapy for medial degenerative joint disease of the knee [Klinische und ganganalytische Untersuchungen einer valgusierenden Kniegelenkentlastungsorthese in der Therapie der medialen Gonarthrose]. *Zeitschrift für Orthopädie und Unfallchirurgie* 149: 160-165.
6. Sattari S, Ashraf A (2011) Comparison of the effects of 3-point valgus knee support and lateral wedge insoles in medial compartment knee osteoarthritis. *Iran Red Crescent Med J* 13: 624-628.
7. Richards J, Sanchez-Ballester J, Jones RK, Darke N, Livingstone J (2005) A comparison of knee braces during walking for the treatment of osteoarthritis of the medial compartment of the knee. *J Bone Joint Surg Br* 87: 937-939.
8. Dessery Y, Belzile ÉL, Turmel S, Corbeil P (2014) Comparison of the effects of knee braces in the treatment of medial knee osteoarthritis. *Knee* 20: 1107-1114.
9. Lee P, Winfield T, Harris S, Storey E, Chandratreya A (2017) Unloading knee brace is a cost-effective method to bridge and delay surgery for unicompartmental knee arthritis. *BMJ Open Sport Exercise Medicine* e000195.
10. Schiphof D, van den Driest J, Runhaar J (2018) Osteoarthritis year in review 2017: rehabilitation and outcomes. *Osteoarthritis Cartilage* 26: 326-340.
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13. <http://www.rsc.org/periodic-table/element/32/germanium>











***i*NCREDIWEAR<sup>®</sup>**

PRODUCT SUGGESTIONS

OVERNIGHT

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Pants

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Leg Sleeves



RECOVERY TIP

Wear Incrediwear overnight to maximize the effects, helping to speed recovery time by optimizing the body's natural healing process.



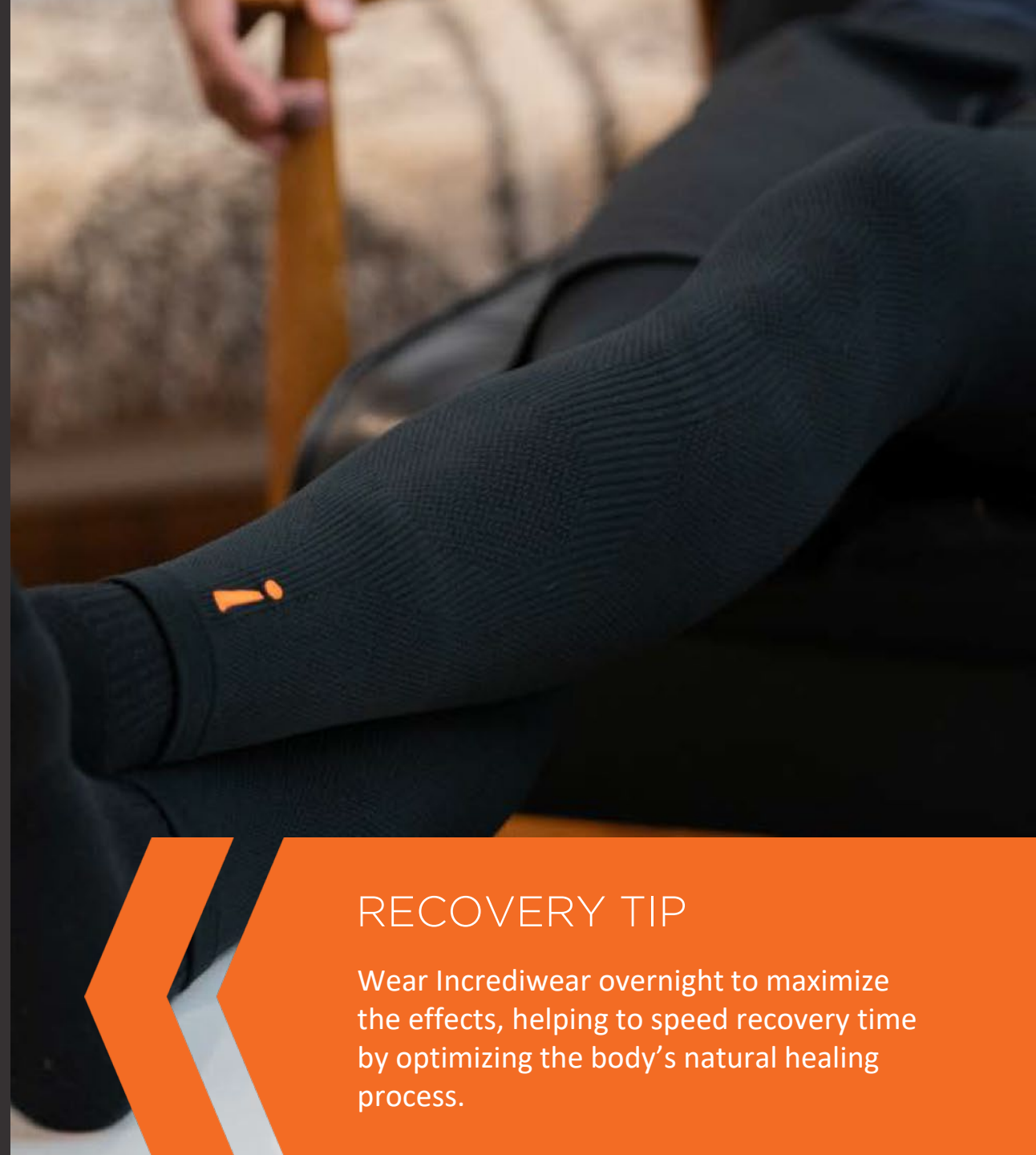
***i*INCREDIWEAR<sup>®</sup>**

PRODUCT SUGGESTIONS

PRIOR TO RIDING

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Leg Sleeves



## RECOVERY TIP

Wear Incrediwear overnight to maximize the effects, helping to speed recovery time by optimizing the body's natural healing process.



# **i**NCREDIWEAR®

## PRODUCT SUGGESTIONS

### WHILE BIKING

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Body Sleeve

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Knee Sleeve

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Circulation Socks

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Any product that targets an area where you have pain or soreness



### RECOVERY TIP

Wear Incrediwear overnight to maximize the effects, helping to speed recovery time by optimizing the body's natural healing process.



# ***i*NCREDIWEAR<sup>®</sup>**

## PRODUCT SUGGESTIONS

### POST-RIDE RECOVERY

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Circulation Shorts

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Ankle Sleeve

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Performance Pants

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Leg Sleeves



### RECOVERY TIP

Wear Incrediwear overnight to maximize the effects, helping to speed recovery time by optimizing the body's natural healing process.



***i*NCREDIWEAR<sup>®</sup>**

PRODUCT SUGGESTIONS

## TENDONITIS

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Knee Sleeve

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Ankle Sleeve

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Shoulder Brace

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Elbow Sleeve



### RECOVERY TIP

Wear Incrediwear overnight to maximize the effects, helping to speed recovery time by optimizing the body's natural healing process.



# ***i*NCREDIWEAR<sup>®</sup>**

## PRODUCT SUGGESTIONS

### MUSCLE FATIGUE

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Circulation Shorts

---

Performance Pants

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Leg Sleeves

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Arm Sleeve

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Calf Sleeve



### RECOVERY TIP

Wear Incrediwear overnight to maximize the effects, helping to speed recovery time by optimizing the body's natural healing process.

# ***i*NCREDIWEAR<sup>®</sup>**

## PRODUCT SUGGESTIONS

### STRAINS AND SPRAINS

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Ankle Sleeve

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Knee Sleeve

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Elbow Sleeve

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Wrist Sleeve



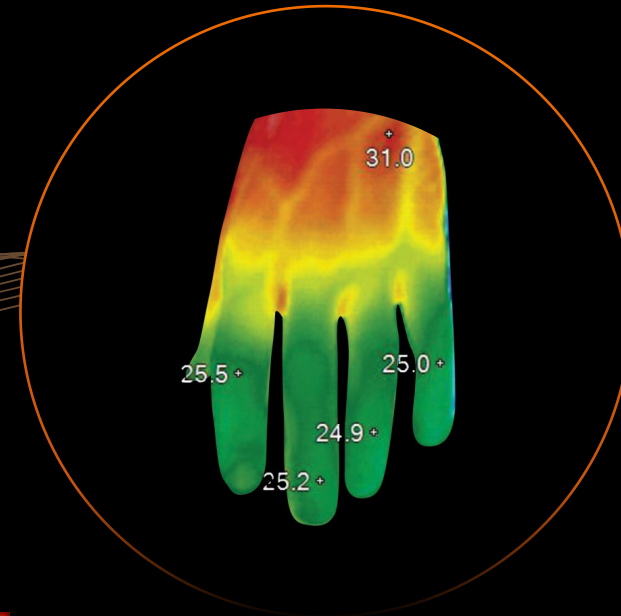
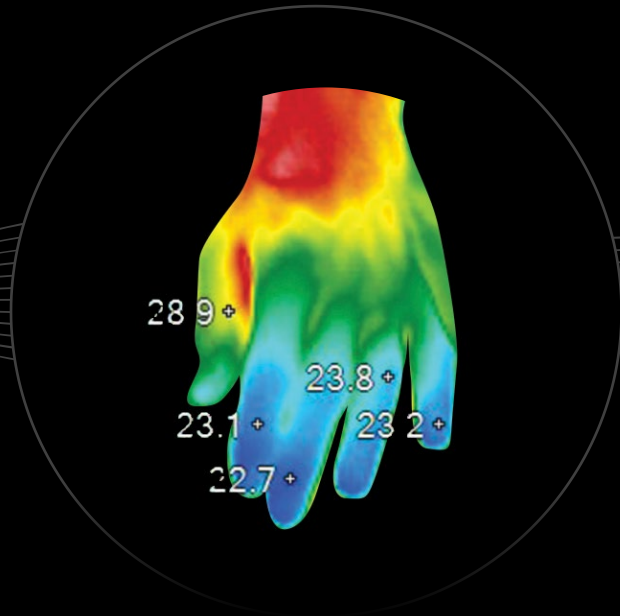
### RECOVERY TIP

Wear Incrediwear overnight to maximize the effects, helping to speed recovery time by optimizing the body's natural healing process.



# CARPAL TUNNEL

BEFORE/AFTER



Cold

Medium

Warm

# WHY ATHLETES CHOOSE **i**NCREDIWEAR<sup>®</sup>

WHEN USED BEFORE SPORTS

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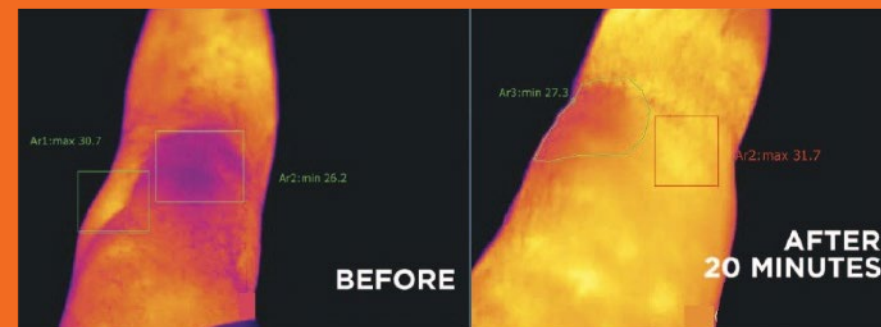
Activates muscles

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Helps injury prevention



## THERMOGRAPHIC IMAGING





# WHY ATHLETES CHOOSE **i**NCREDIWEAR<sup>®</sup>

## WHEN USED DURING SPORTS

Improves circulation

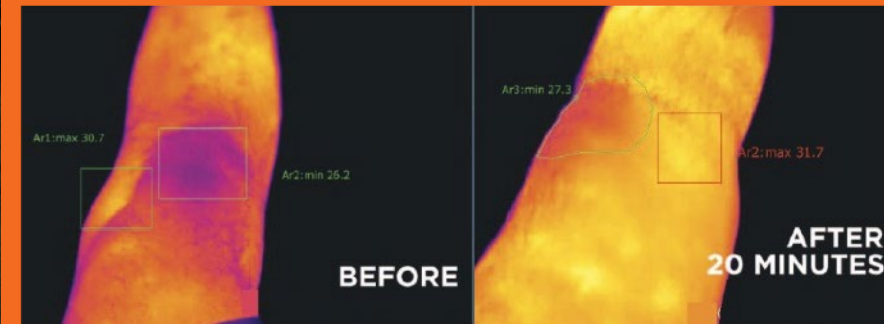
Helps you run/spin/  
jump lighter and faster

Protects tendons and  
ligaments

Thermo-regulates your  
body

Boosts muscle performance

### THERMOGRAPHIC IMAGING





# WHY ATHLETES CHOOSE **i**NCREDIWEAR<sup>®</sup>

## WHEN USED AFTER SPORTS

Decreases DOMS

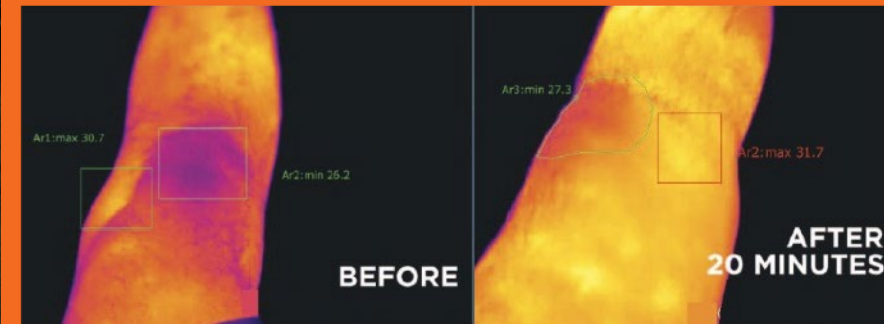
Increases resting  
blood flow

Accelerates  
regeneration

Overnight wear improves  
recovery ratio by 15%



### THERMOGRAPHIC IMAGING





# RECOMMENDED INJURY PROTOCOL

## KNEE STRAIN

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Incrediwear products needed:

### Knee Sleeve

Steps:

1. Wear Knee Sleeve continuously for 4 - 6 weeks or until pain and swelling subside
2. After week 6, wear during activity.
3. For Baker's Cyst – cut a 3 inch slit behind knee and wear continually. On day 7, re-stitch slit behind knee.



# RECOMMENDED INJURY PROTOCOL

## KNEE/ACL/MCL SURGERY

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Incrediwear products needed:

5" Bandage Wrap, Leg Sleeve,  
Knee Sleeve and Performance Pants

Steps:

1. Day 1 – 6: Wear 5" Bandage Wrap continuously.
2. Day 6 – 35: Wear Leg Sleeve continually. Wash every other day.
3. Day 35 – 60: Wear Knee Sleeve during the day. Sleep in Leg Sleeve.

5" BANDAGE WRAP



LEG SLEEVE



PERFORMANCE PANTS



KNEE SLEEVE





# RECOMMENDED INJURY PROTOCOL

## ANKLE SPRAIN

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Incrediwear products needed:

### Ankle Sleeve

Steps:

1. Day 1 – 10: Soak one Ankle Sleeve in hot water for two minutes. Ring out excess water. Place on ankle for 20 minutes.
2. Remove wet sleeve and replace with dry Ankle Sleeve.
3. Repeat steps 1 – 2, three times daily.
4. Wear Ankle Sleeve continuously until swelling and pain subside.



# RECOMMENDED INJURY PROTOCOL

## ELBOW TENDONITIS/SURGERY

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Incrediwear products needed:

**Elbow Sleeve**

Steps:

1. Wear Elbow Sleeve continuously for 4 – 6 weeks or until pain subsides.

ELBOW SLEEVE





# RECOMMENDED INJURY PROTOCOL

## SHOULDER STRAIN/SURGERY

---

Incrediwear products needed:  
**Shoulder Brace and Arm Sleeve**

Steps:

1. Wear Shoulder Brace during the day.
2. Use support for 30 days or as doctor recommended for recovery.
3. Use Arm Sleeve for 14 days following surgery or until swelling has subsided.



# RECOMMENDED INJURY PROTOCOL

## HIP/UPPER THIGH INJURY

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Incrediwear products needed:

**Hip Brace, Leg Sleeve,  
and Performance Pants/Circulation Shorts**

Steps:

1. Wear Hip Brace continuously for 4 – 6 weeks or until pain and swelling subside.
2. After week 6, wear Performance Pants or Circulation Shorts to prevent re-injury.

CIRCULATION SHORTS



LEG SLEEVE



PERFORMANCE PANTS



HIP BRACE





# RECOMMENDED INJURY PROTOCOL

## WRIST SPRAIN

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Incrediwear products needed:

Wrist Sleeve and/or Circulation Gloves

Steps:

1. Wear Wrist Sleeve continuously for 4 – 6 weeks or until pain subsides.
2. If swelling in the hand occurs, wear Circulation Gloves in place of Wrist Sleeve until swelling and pain subside.

WRIST SLEEVE



CIRCULATION GLOVES



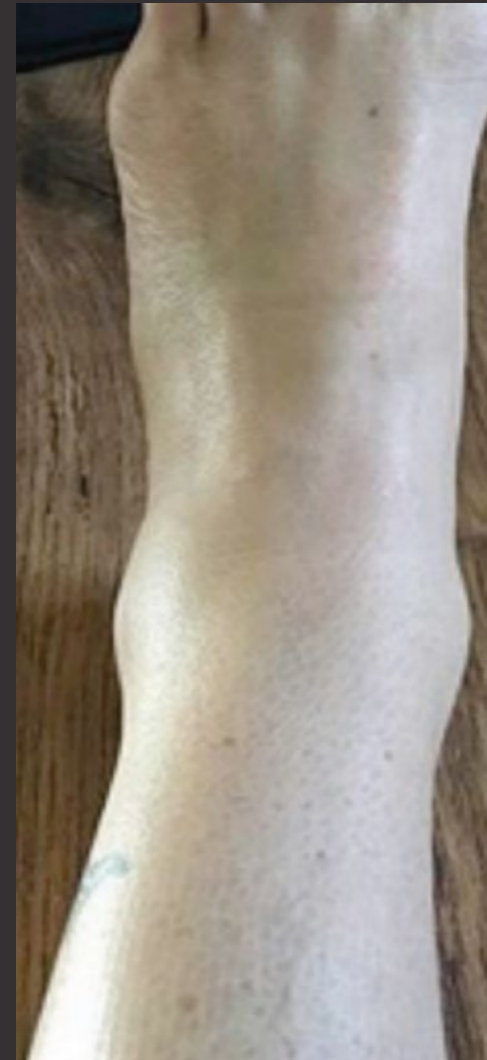
BEFORE AND AFTER WITH ***INCREDIWEAR***<sup>®</sup>



BEFORE



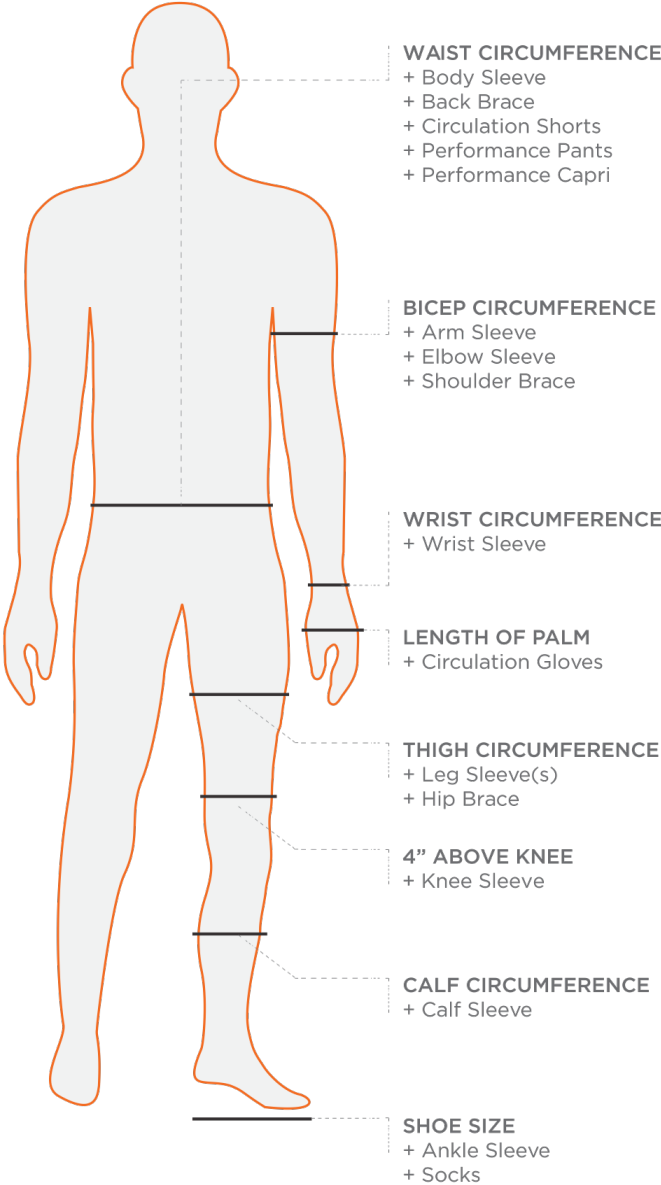
WITH INCREDIWEAR



AFTER ONE WEEK



# SIZING GUIDE



# FULL PRODUCT LIST

LOWER EXTREMITY						
	KNEE SLEEVE	LEG SLEEVE(S)	ANKLE SLEEVE	CALF SLEEVE		
	UPPER EXTREMITY					
		ARM SLEEVE	ELBOW SLEEVE	WRIST SLEEVE	CIRCULATION GLOVES	SHOULDER BRACE
APPAREL						
	CIRCULATION SHORTS	MEN'S PERFORMANCE PANTS	WOMEN'S PERFORMANCE CAPRI	WOMEN'S PERFORMANCE PANTS		
SOCKS						
	ACTIVE SOCKS	SPORTS SOCKS	SPORT SOCKS THIN	CIRCULATION SOCKS		
BRACES & WRAPS						
	BACK BRACE	BODY SLEEVE	HIP BRACE	BANDAGE WRAPS		