



# KINESIA



**INNOVATION  
PROPRIOCEPTION  
BENEFITS**

# Socks that improve the proprioceptive control

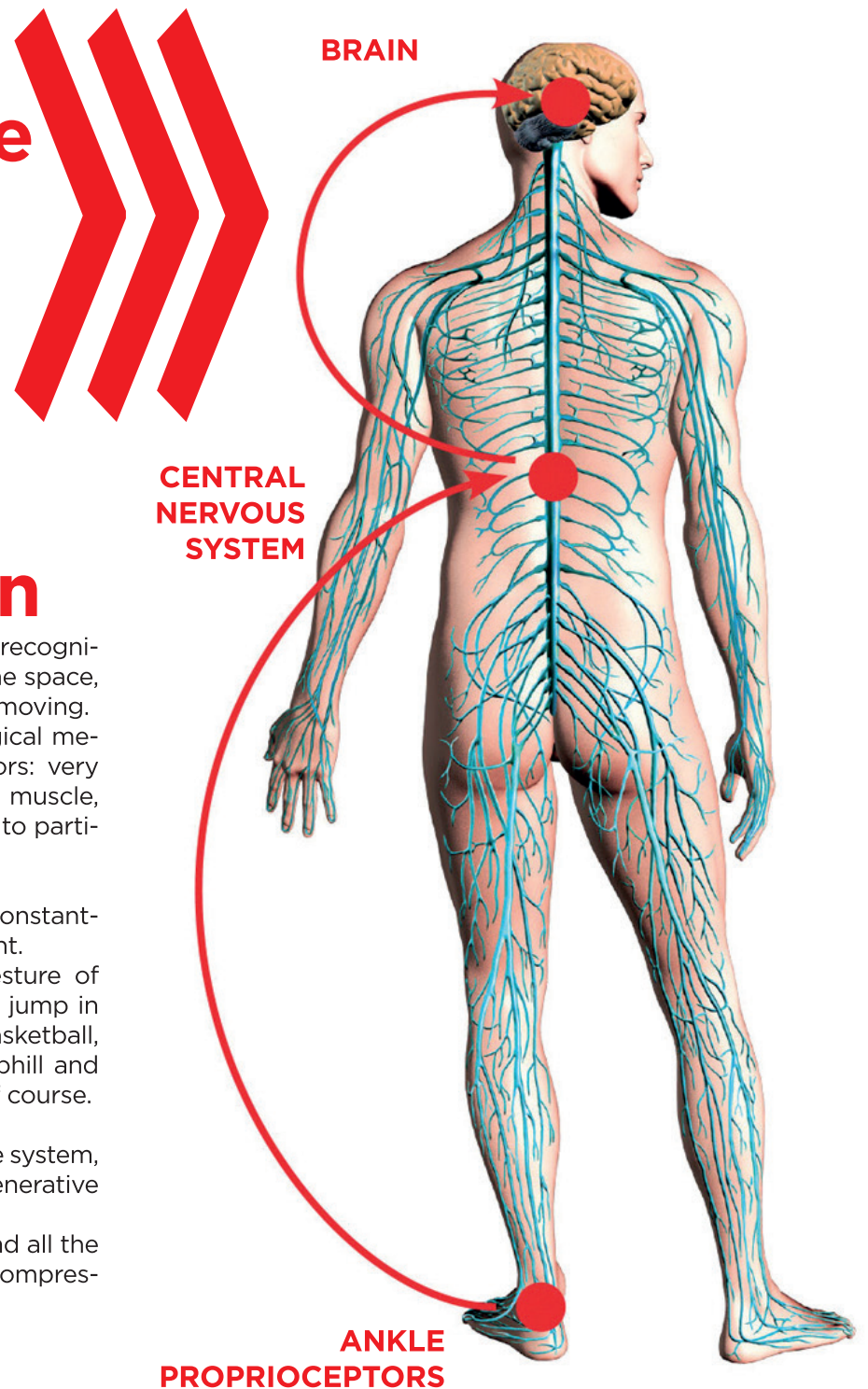
Kinesia is an innovative high compression sock characterized by a patented structure with a particular interlaced support ankle - arch foot that stimulates the proprioceptive system of the ankle, ideal for all types of sports and physical activities.

## Proprioception

Proprioception is the ability to perceive and recognize the position of our body and limbs into the space, without visual support, when you are still or moving. Proprioception is a complex neurophysiological mechanism activated by specific proprioceptors: very specialized sensory organs contained in the muscle, on the joints and skin that send their signals to particular brain areas.

When we run, our proprioceptive system is constantly activated allowing us to perform movement. In general this applies to the technical gesture of every sport, such as support in running, the jump in volleyball, the fast change of direction in basketball, tennis and football, the inflection-tension uphill and downhill during hiking or walking on the golf course.

Those who have issues in their proprioceptive system, as a result of joint traumas or due to degenerative nervous system disorders can risk falling. KINESIA sock improves the motor control and all the benefits that go with it thanks to its strong compression that stimulates ankle proprioceptors.



## Benefits

Kinesia socks' high compression, characterized by a patented structure with interlaced support ankle - arch foot, stimulates the proprioceptive system of the ankle thus ensuring many advantages:

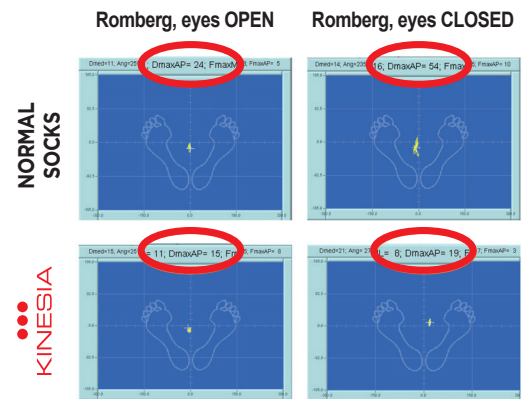
- IMPROVES BALANCE AND STABILITY
- IMPROVES POSTURES
- IMPROVES MOTOR CONTROL
- HELPS TO PREVENT ANKLE SPRAINS
- SPEEDS UP POST TRAUMATIC ANKLE SPRAIN RECOVERY



# Scientific test

KINESIA socks improve in balance, especially in the front and rear displacement of the center of gravity. This is due to the special structure of the sock fabric that acts on the ankle joint.

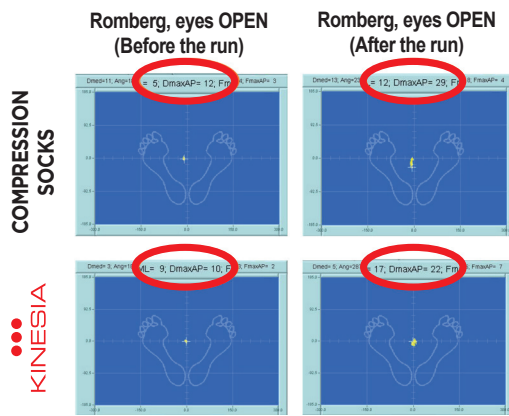
The effectiveness of KINESIA socks has been demonstrated by a scientific research study on a broad spectrum of people by Dr. Alfonso Martínez Nova, managing director of the BiOPiEX research group (Biomechanics and foot orthopaedics of Extremadura).



## TEST 1 - BALANCE

### Classic socks VS Kinesia socks

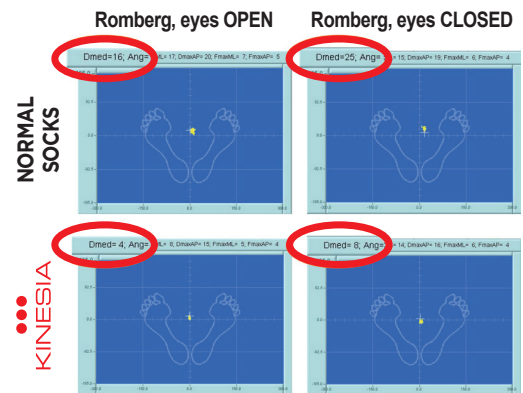
When a person is wearing Kinesia socks, the displacement of the gravity center is lower and balance is improved. Moreover, after 8 hours, this improvement in balance is maintained more efficiently than with normal socks at rest (at the beginning of the work day).



## TEST 2 - RUNNING

### Compression socks VS Kinesia compression socks

When a person is wearing Kinesia socks, balance is improved during and after a race. The increase of the anteroposterior movement is lower compared to wearing classic compression socks after a running session. Improvement in balance is very important especially for runners susceptible to certain injuries.



## TEST 3 - BALANCE IN ELDERLY ADULT PATIENTS

### Classic socks VS KINESIA socks

When a person is wearing Kinesia socks with Sensory Technology, balance improves in older adult patients who usually experience a slight loss of balance because the center of gravity is more centered than the classic nylon/polyester socks. Balance improvement is very important for people suffering from loss of balance, especially to avoid falls among the elderly, which are one of the main causes of hip fractures.

# Sensory Technology e Silver Drystat®

Kinesia sock are produced entirely in Italy and made of breathable, antibacterial fabric called silver drystat. They are long-lasting thanks to a bacteriostatic agent which inhibits bacteria and bad smells.

The proprioceptive control system is powered by an innovative mesh processing of sensory technology and is activated by the patented structure of elastic interlaced fabric that offers an effective and stable support to the ankle, and avoids the additional use of annoying, bulky and unaesthetic anklets or bandages.



# BALANCE

Improves balance,  
stability and posture



Improves  
motor control



Sport performance  
enhancing



Anti-fatigue  
and energizing

# RECOVERY

Accelerates post-traumatic  
ankle sprain recovery

[www.calzekinesia.it](http://www.calzekinesia.it)



KINESIA è un Brand di FEETNESS srl

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