



# KINESIA<sup>®</sup>

LA CALZA PROPRIOCETTIVA

*Designed for  
Gymnastics*

UTILITY PATENT



**KINESIA**<sup>®</sup>  
LA CALZA PROPRIOCETTIVA

The PATENTED sock that

**IMPROVES** motor control  
**PREVENTS** ankle sprains  
**ACCELERATES** recovery

### **PROPRIOCEPTION**

Proprioception is the ability to perceive the position of one's body in space without the aid of vision.

It is a complex neurophysiological mechanism activated by specific sensors, present in the muscles, joints and skin, which send particular signals to the brain.

Stimulating the ankle proprioceptive control system means improving balance, stability, posture and motor control and consequently prevent the risk of potential injuries.

# K901 KINETAPE

## High Compression ankle brace Injury prevention - without extra padding

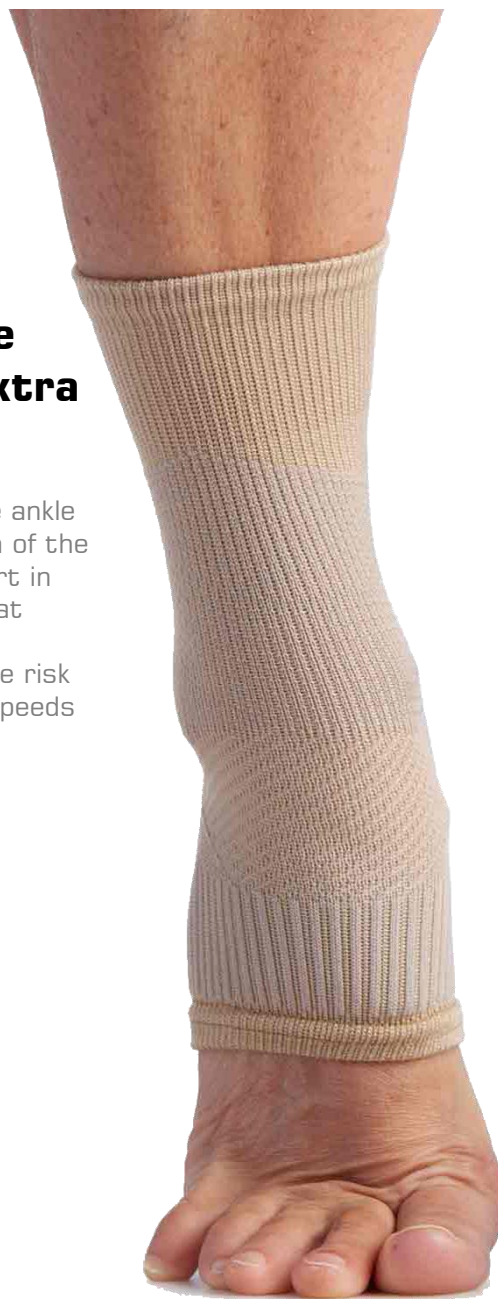
High compression ankle brace that protects the ankle joints and promotes thrust during the execution of the athletic movement. With effective elastic support in interlaced fabric with a PATENTED structure that acts as a neuromuscular proprioceptive tape, improves balance and motor control, reduces the risk of injury or microtrauma to the foot joints and speeds up post-traumatic recovery.

COLORS:



MEDIUM THICKNESS

NO EXTRA PADDING



 **PROPRIOCEPTIVE CONTROL**

 **PATENTED STRUCTURE**

 **HIGH COMPRESSION**

 **ANKLE-ARCH SUPPORT**

 **REINFORCED ACHILLES TENDON and HEEL**

K901 1pair per pack

Double support  
Achilles tendon,  
heel and  
foot arch



48%Nylon, 41%Polypropylene, 7%Elastan, 4%Acrylic

**SIZES**

EU shoes

**XS**

33-38

**M**

39-43

# K913 KINEPOWER

## High Compression ankle brace - Injury prevention - Malleolus extra padding

High compression ankle brace that protects the ankle joints and promotes thrust during the execution of the athletic movement. With effective elastic support in interlaced fabric with a PATENTED structure that acts as a neuromuscular proprioceptive tape, improves balance and motor control, reduces the risk of injury or microtrauma to the foot joints and speeds up post-traumatic recovery.

Equipped with shock absorbing malleolar padding, it offers protection and comfort to the impact zones.

**COLORS:**

- BEIGE
- BLK YEL
- BLK PNK









**MEDIUM THICKNESS**



**EXTRA PADDING**



Malleolus padding

-  **PROPRIOCEPTIVE CONTROL**
-  **UTILITY PATENT STRUCTURE**
-  **HIGH COMPRESSION**
-  **ANKLE-ARCH SUPPORT**
-  **REINFORCED ACHILLES TENDON and HEEL**
-  **PADDING PROTECTION AT MALLEOLUS**

K913 1 pair per pack

Double support at Achilles tendon, heel and foot arch



**PARTNER UFFICIALE**  
BRIXIA GYM ACADEMY

48%Nylon, 41%Polypropylene, 7%Elastan, 4%Acrylic

SIZES	XS	M
EU shoes	33-38	39-43

# K912 KINEPLUS

## High Compression mini-ankle brace - Injury prevention - Malleolus and Heel padding

High compression ankle brace that helps protect the ankle knees. With effective elastic support in interlaced fabric with a PATENTED structure, which acts as a neuromuscular proprioceptive tape, improves balance and motor control, reduces the risk of injury or microtrauma to foot inhibitions and speeds up post-traumatic recovery.

Equipped with malleolar padding, it offers greater protection to the impact areas.

Usable for layering

**COLORS:**



**MEDIUM THICKNESS**

**EXTRA PADDING**



-  **PROPRIOCEPTIVE CONTROL**
-  **UTILITY PATENT STRUCTURE**
-  **HIGH COMPRESSION**
-  **REINFORCED ACHILLES TENDON and HEEL**
-  **PADDING PROTECTION AT MALLEOLUS**
-  **PADDING PROTECTION at HEEL**
-  **PADDING PROTECTION at HEEL**

K912 1pair per pack

Double support  
Achilles tendon,  
heel and  
foot arch

Malleolus  
padding

Heel  
padding



**PARTNER UFFICIALE**  
BRIXIA GYM ACADEMY

48%Nylon, 41%Polypropylene, 7%Elastan, 4%Acrylic

SIZES	XS	M
EU shoes	33-38	39-43

# K601 MINITUTOR

**Low-cut sock with wide coverage  
High Compression plantar arch  
support - helpful for flat feet**

Thin, extra-short, high compression sock with PATENTED interlaced support structure around the arch of the foot that acts as a neuromuscular proprioceptive tape, improves motor control and posture and helps prevent potential injuries and relieves pain from plantar fasciitis.

The wide, high-compression band that wraps around the foot **also benefits flat feet** because it helps realign the joints of the foot, promotes arch lift and helps absorb the shock of foot impact on the ground during running .

COLORI:

● BEIGE ● BLACK ● PINK



Wide coverage  
plantar arch support



**PROPRIOCEPTIVE CONTROL**



**UTILITY PATENT STRUCTURE**



**HIGH COMPRESSION**



**PLANTAR ARCH SUPPORT**



**THIN WITHOUT PADDING**

K601 1pair per pack



PARTNER UFFICIALE  
BRIXIA GYM ACADEMY

47%Polypropylene, 45%Nylon, 8%Elastan



THIN

**NO PADDING**

**SIZES**

EU shoes

**XS**

33-35

**S**

36-38

**M**

39-42

# K002 KINEWRIST

## High Compression wristband

High compression thin wristband with PATENTED interlaced support structure that offers greater stability to the wrists and full freedom of movement. Helps prevent sprains.

Relieves pain and inflammation from tendinopathy or trauma.



**PROPRIOCEPTIVE CONTROL**



**UTILITY PATENT STRUCTURE**



**HIGH COMPRESSION**



**WITHOUT PADDING**

K002 1pair per pack

COLORS:



BEIGE



BLACK



**PARTNER UFFICIALE**  
BRIXIA GYM ACADEMY

49%Polypropylene, 44%Nylon, 7%Elastan



**WITHOUT PADDING**

**SIZE**

cmh

**ONE**

8

## K005 KINEWRIST LONG 12cmh

### High Compression wristband lightly padded

Lightly padded high compression cuff. With PATENTED interlaced support structure that offers greater stability to the wrists and full freedom of movement.

Relieves pain and inflammation from tendinopathy or trauma.

COLORS:



BEIGE



BLACK



**PROPRIOCEPTIVE  
CONTROL**



**UTILITY PATENT  
STRUCTURE**



**HIGH  
COMPRESSION**

K005 1pair per pack



**PARTNER UFFICIALE**  
BRIXIA GYM ACADEMY

49%Polypropylene, 44%Nylon, 7%Elastan



**LIGHT PADDING**

**SIZE**

cmh

**ONE**

12



# K928 KINEKNEE

## Knee elastic band support

Knee elastic band, with PATENTED structure interlaced support that acts as a neuromuscular proprioceptive tape. It stabilizes the joint and limits the pains deriving from falls, sprains, tendonitis and osteoarticular pains affecting the ligaments.

COLORS:



BEIGE



BLACK



**PROPRIOCEPTIVE CONTROL**



**UTILITY PATENT STRUCTURE**



**HIGH COMPRESSION**

K928-1 1pieces per pack  
K928-2 2pieces per pack



**PARTNER UFFICIALE**  
BRIXIA GYM ACADEMY

49%Polypropylene, 44%Nylon, 7%Elastan



**WITHOUT PADDING**

**SIZE**

**XS-S**

# K924 KINECALF

## Calf elastic band support

Calf Elastic support with kinesiological compression structure that push-up muscle and promotes athletic gesture ensuring protection and comfort. It prevents trauma and speeds up recovery from contractures, strains and calf strains.



**PROPRIOCEPTIVE CONTROL**



**UTILITY PATENT STRUCTURE**



**HIGH COMPRESSION**

COLORS:



BEIGE



BLACK

K924-1 1pieces per pack  
K924-2 2pieces per pack



**PARTNER UFFICIALE**  
BRIXIA GYM ACADEMY

49%Polypropylene, 44%Nylon, 7%Elastan



**WITHOUT PADDING**

**SIZE**

**XS-S**

# K903+ MALLEOLUS

## Malleolus and heel shock absorber

Half sock with shock-absorbing padding that offers protection to the malleolus and heel area.

The package includes N.2 Foam (5mm thickness) disks with a side Velcro, applicable to the internal terry for superior protection and comfort.



**MALLEOLUS  
SHOCK ABSORBER**

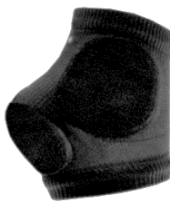


**HEEL  
SHOCK ABSORBER**

N.2 Foam disks  
applicable  
internally thanks to  
the Velcro  
side.

K903 + N.2  
pack 1 pair per pack  
Foam disks per  
pack

COLORS:



**PARTNER UFFICIALE**  
BRIXIA GYM ACADEMY

48% Nylon, 41% Polypropylene, 7% Elastan, 4% Acrylic



**EXTRA PADDING**

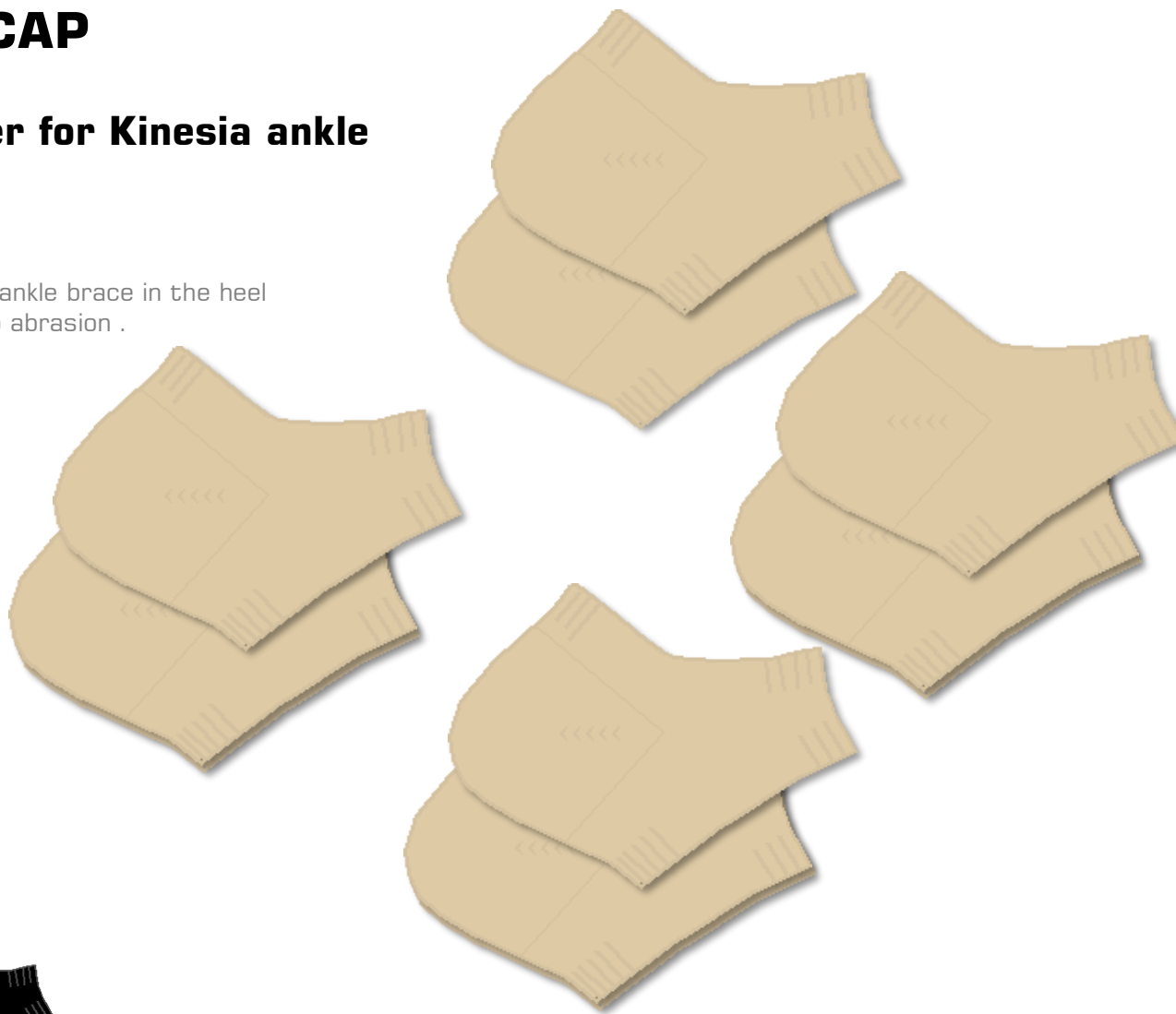
**SIZE**

**ONE**

## Kb90x4 **HEEL CAP**

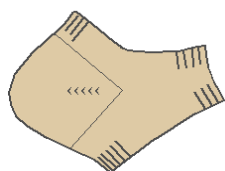
### **Durability increaser for Kinesia ankle brace**

Basic accessory to protect the ankle brace in the heel area where it is more subject to abrasion .



Kb90x4 4pair per pack

COLORS:



**PARTNER UFFICIALE**  
BRIXIA GYM ACADEMY

90% Nylon 10% Elastan



**LIGHT PADDING**

**SIZE**

**ONE**

# Benefits



**IMPROVES** STABILITY, BALANCE, POSTURE and MOTOR CONTROL



**PREVENTS** INJURY and ANKLE SPRAINS



**INCREASES** RESISTANCE



**SPEEDS UP** MUSCLE RECOVERY



**ACCELERATES** POST-TRAUMATIC RECOVERY in the ankle



**REDUCES** PAIN and INFLAMMATION from Plantar Fasciitis

## Main material:

SILVER DRYSTAT POLYPROPYLENE



LIGHT



BREATHEABLE



ANTIBACTERIAL

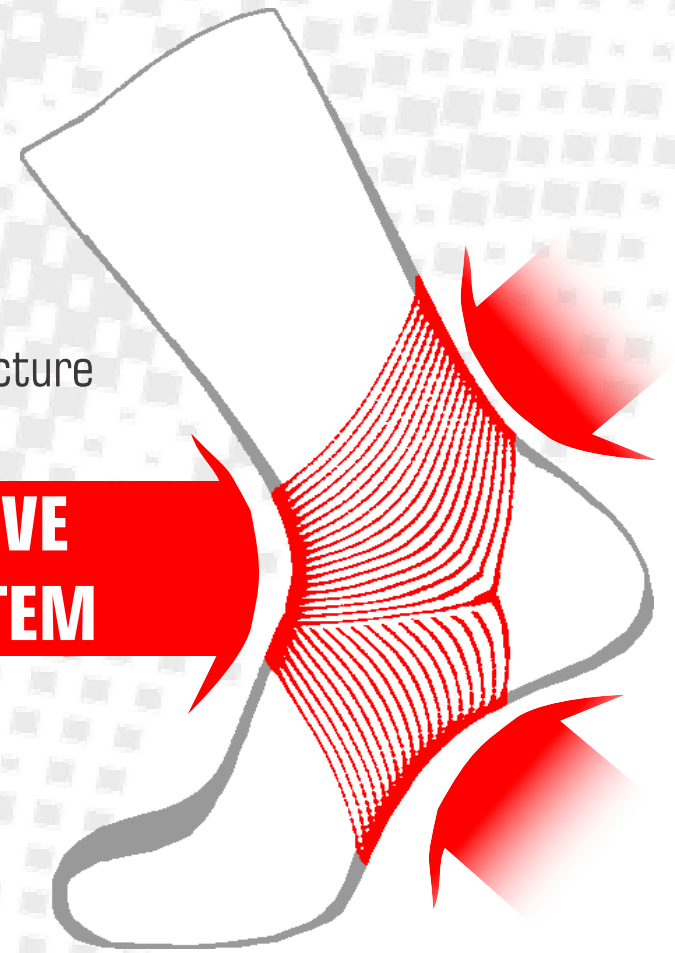


SENSORY TECHNOLOGY is the innovative PATENTED STRUCTURE of high compression interlaced elastic fabric that offers an effective and constant support to the ankle, and avoids the additional use of annoying, bulky and unsightly ankle braces or bandages

Elastic support with **PATENTED** structure which stimulates the

**PROPRIOCEPTIVE CONTROL SYSTEM**

**HIGH COMPRESSION**  
(30mmHg)



## ATTENTION:

Due to the high compression, use is not recommended in the presence of: arterial pathologies, diabetes, dermatosis, active skin ulcer, eczema crural, arterial circulation disorders, Raynaud's disease.

# EFFECTIVENESS demonstrated by scientific tests

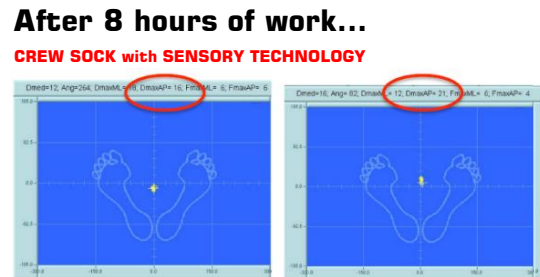
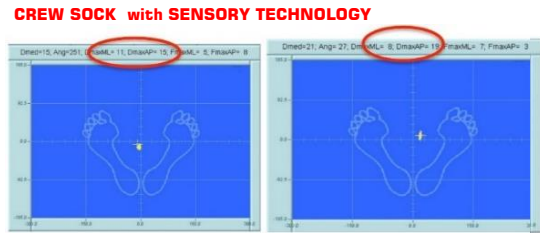
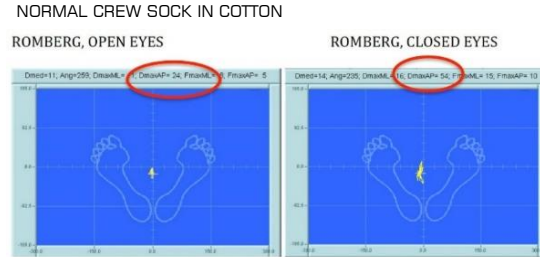
The effectiveness of KINESIA socks has been demonstrated by the scientific research study, on a broad spectrum of people, carried out by Dr. Alfonso Martínez Nova, head of the BIOPIEX Research Group (Biomechanics and orthopedics of the foot of Extremadura Spain).

## Improvement of balance maintained even after 8 hours of work

### TEST 1 - BALANCE

When wearing KINESIA socks, the center of gravity shift is less and **balance is improved.**

Furthermore, **after 8 hours, this improvement in balance is maintained**, making it more effective than normal socks at rest (at the beginning of the working day).



## Improvement of balance during and after the race

**TEST 2 - RUNNING (after 1 hour of running at a pace of 12Km / h)**  
By wearing KINESIA socks, **your balance improves during and after a competition.**

**Improving balance is especially important** for runners who are susceptible to certain injuries due to loss of balance, such as falls or ankle sprains.

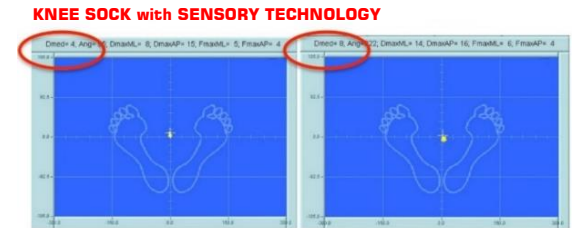
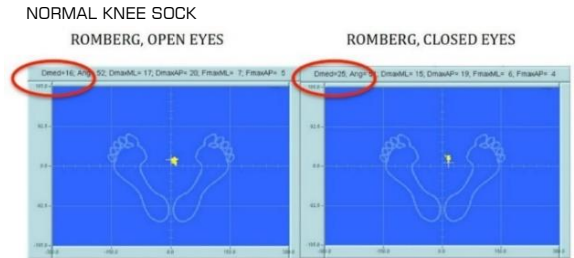
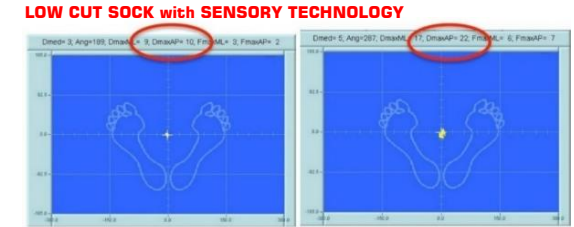
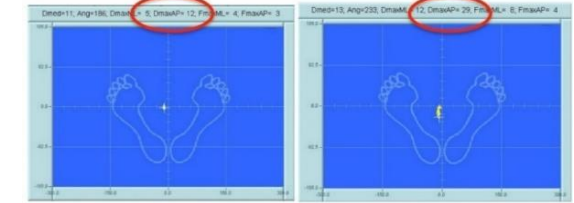
## Improvement of balance in elderly patients

### TEST 3 - ELDERLY PATIENTS BALANCE

Wearing KINESIA sock improves balance even in elderly patients.

**Improving balance is very important especially to avoid falls** that could cause hip fractures.

LOW CUT RUNNING SOCK  
Romberg, open eyes (before running)      Romberg, open eyes (after running)



## SCIENTIFIC PUBLICATION

The extraordinary results of the Scientific Research conducted by Dr. Alfonso Martínez Nova, head of the BIOPIEX Research Group (Foot Biomechanics and Orthopedics of Extremadura Spain), on the improving effects of the KINESIA sock with PATENTED Special Proprioceptive Support, earned the scientific publication on authoritative medical journal of the General Council of Official Colleges of Podiatry in Spain.

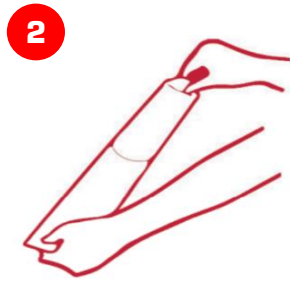
<https://www.revesppod.com/efectos-en-el-equilibrio-y-confort-de-un-calcetin-estabilizador-en-pacientes-con-diferentes-alteraciones-neurologicas391>

## INSTRUCTIONS FOR WEARING THE KINESIA SOCK

Follow the instructions to easily put on KINESIA...  
the initial difficulty due to the high compression is the strength of the sock!  
Make sure your feet are dry to facilitate putting on.



1  
Insert the arm inside the sock



2  
Grab the heel between thumb and forefinger and with the another hand returns to inside out sock



3  
Put on your sock up to half of your leg



4  
Grab the end of the sock and pull it on, making sure to distribute it evenly across the leg



5  
Remove any streaks through a light massage



PARTNER UFFICIALE  
BRIXIA GYM ACADEMY

### CARE INSTRUCTIONS:

Do not bleach

Wash max 30°

Do not iron

Do not dry clean

Dry at medium temperature



**KINESIA**<sup>®</sup>  
LA CALZA PROPRIOCETTIVA

Design, Development and Production

**MADE IN ITALY**

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