

## Introduction & Purpose

- Every season Major League Soccer (MLS) players are injured, resulting in time-loss.
- Strains and sprains accounted for 37% and 19%, respectively, of all injuries during two competitive seasons.<sup>1</sup>
- 92% of muscle injuries in MLS players occurred in the lower extremities.<sup>2</sup>
- To enhance recovery, professional athletes have begun wearing Incrediwear® recovery sleeves, but their effectiveness is unclear.

### INCREDIWEAR

- Incrediwear® sleeves release negative ions from body heat, causing molecular vibrations thereby increasing blood flow (<http://www.Incrediwear.com>)
- **PURPOSE:** To investigate the *effects of wearing Incrediwear® leg sleeves on time-loss for professional soccer players.*

## Methods

**Study Design:** Retrospective Review of injury reports from one MLS team in 2015 and 2016

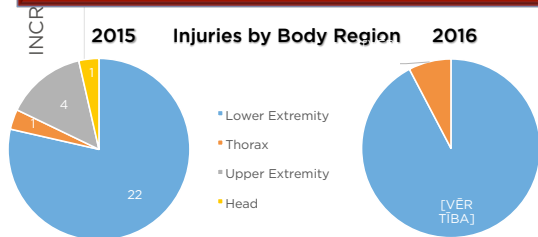
**Subjects:** 2015 season (n = 31, no Incrediwear®) and 2016 season (n = 28, using Incrediwear® protocol)

**Data Analysis:** After outlier removal, t-tests compared missed games and events between 2015 and 2016

### Incrediwear® Protocol (2016):

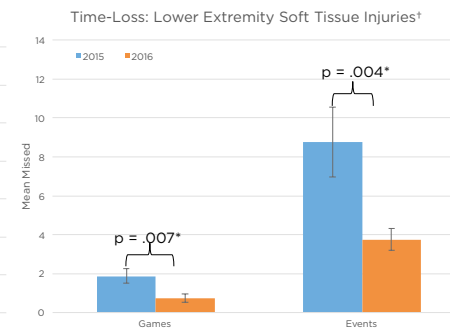
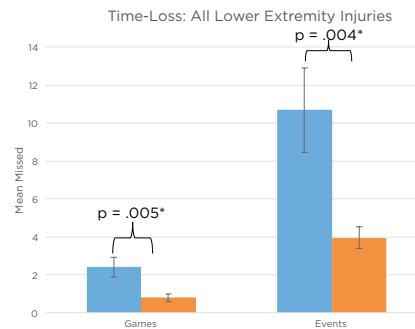
1. Injured players: minimum 1 hour before and 1 hour after practices/games
2. All players: during travel days
3. All players: a minimum of 1 hour post-training if players trained at least 10% over their norm in distance, high speed running, and/or accelerations/decelerations.

## Results



Types of Lower Extremity Injuries

	2015	2016
Strain	12	13
Sprain	3	4
Tightness	0	4
Soreness	0	1
Muscle Pain	1	1
Bone Contusion	1	1
Fracture	2	0
Internal Injury	2	0
Nerve Irritation	1	0



### FINDINGS

2016 players missed *significantly less games and events for lower extremity injuries and lower extremity soft tissue injuries* than 2015 players.



## Conclusion

- Incrediwear® recovery leg sleeves may help **reduce time-loss** in professional soccer players after *lower extremity injuries and lower extremity soft tissue injuries.*
- The reduction in time-loss could be due to increased blood flow, which could accelerate recovery.

## References

1. Hawkins RD, Hulse MA, Wilkinson C, Hodson A, Gibson M. The association football medical research programme: an audit of injuries in professional football. Br J Sports Med. 2003;35(1):43-47
2. Ekstrand J, Häggglund M, Waldén M. Epidemiology of muscle injuries in professional football (soccer). Am J Sports Med. 2011;39(6):1226-1232

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