

Who Should Wear Compression Socks

Sportswear In hot situations, sportswear should allow the wearer to stay cool; while in cold situations, sportswear should help the wearer to stay warm. Sportswear or activewear is athletic clothing, including footwear, worn for sports activity or physical exercise. Sport-specific clothing is worn for most sports and physical exercise, for practical, comfort or safety reasons. of the wearer e2435467e9

Snorkeling In cooler waters, a wetsuit is also worn. acceleration and maneuvering. Open-backed fins allow the wearer to wear them over the top of wetsuit socks or boots which can be useful in cooler water. The use of this equipment allows the snorkeler (British and Commonwealth English spelling:

snorkeller) to observe the underwater environment for extended periods with relatively little effort, and to breathe while face-down at the surface. A wetsuit Snorkeling (snorkelling in British and Commonwealth English) is the practice of swimming face-down in a body of water while breathing the ambient air through a shaped tube called a snorkel, usually with swimming goggles or a diving mask, and swimfins e2435467e9

Unlike traditional dress or athletic stockings and socks, compression stockings use stronger elastics to create significant pressure on the legs, ankles and feet. Compression stockings are tightest at the ankles and gradually become less constrictive toward the knees and thighs. By compressing the surface veins, arteries and muscles, they force circulating blood through narrower channels. As a result, the arterial pressure is increased, which... e2435467e9 For most sports the athletes wear a combination of different items of clothing, e.g. sport shoes, pants and shirts. In some sports, protective gear may need to be worn, such as helmets or American football body armour. Especially in team sports that involve blocking, intercepting, or pursuing small, hard projectiles such as cricket,

baseball, and hockey (where balls or pucks are struck to speeds in excess of 100... e2435467e9 == Equipment == e2435467e9 Knee-high compression stockings are used not only to help increase circulation, but also to help prevent the formation of blood clots in the lower legs. They also aid in the treatment of ulcers of the lower legs. e2435467e9 Different basketball leagues have different specifications for the type of uniform that is allowed on the court. Early in the history of the sport, basketball was played in any type of athletic attire, but by the 1900s, special uniforms were developed and marketed to basketball players. The style, cut, and fit of basketball uniforms evolved throughout subsequent decades, often modeled after the general fashion trends of the day. e2435467e9

Basketball uniform All team members must wear socks of the same dominant color. Each player's A basketball uniform is a type of uniform worn by basketball players. Must end above the knee. shirts. Within teams, players wear uniforms representing the team colors; the home team usually wears a lighter-colored uniform, while the visiting team wears a darker-colored uniform. Basketball uniforms consist of a jersey that features the

number and typically the last name of the player on the back, as well as shorts. Socks must remain clearly visible during play e2435467e9

Compression stockings stockings and socks, compression stockings use stronger elastics to create significant pressure on the legs, ankles and feet. Compression stockings are elastic compression garments worn around the leg, compressing the limb. This reduces the diameter of distended veins and increases venous blood flow velocity and valve effectiveness. Compression therapy helps decrease venous pressure, prevents venous stasis and impairments of venous walls, and relieves heavy and aching legs. Compression stockings are Compression stockings are a specialized hosiery designed to help prevent the occurrence of, and guard against further progression of, venous disorders such as edema, phlebitis and thrombosis e2435467e9

Leggings Leggings prominently returned to women's fashion in the 1960s, drawing from the form-fitting clothing of dancers. With the widespread adoption of the synthetic fibre Lycra and the rise in popularity of aerobics,

leggings came to further prominence in the 1970s and 1980s, and eventually made their way into streetwear. soccer socks over the leggings, under a cheerleading uniform with socks over the leggings, or field hockey players under their skirts with socks over the Leggings are several types of leg attire that have varied through the years. Usage from the 18th century refers to men's wear usually made of cloth or leather that is wrapped around the leg down to the ankle. Leggings are a part of the late 2010s into the 2020s athleisure fashion trend of wearing activewear outside sporting activities and in casual settings. Modern usage from the 1960s onwards has come to refer to elastic close-fitting high-rise garments worn over the legs typically by women, such as leg warmers or tights. In the 19th century, leggings usually referred to infants' leg clothing that were matched with a jacket, as well as leg-wrappings made of leather or wool and worn by soldiers and trappers e2435467e9

Essential equipment includes the snorkel for breathing... e2435467e9

Kilt field hockey players, often wear lacrosse kilts, a simple form of

contemporary kilt. Originating in the Scottish Highland dress for men, it is first recorded in the 16th century as the great kilt, a full-length garment whose upper half could be worn as a cloak. They will typically wear compression shorts or spandex underneath A kilt (Scottish Gaelic: fèileadh ['fe:ləɣ]) is a garment resembling a wrap-around knee-length skirt, made of twill-woven worsted wool with heavy pleats at the sides and back and traditionally a tartan pattern. The small kilt or modern kilt emerged in the 18th century, and is essentially the bottom half of the great kilt. Since the 19th century, it has become associated with the wider culture of Scotland, and more broadly with Gaelic or Celtic heritage e2435467e9

Snorkeling is a popular recreational activity, particularly at tropical resort locations. It provides the opportunity to observe underwater life in a natural setting without the complicated equipment and training required for scuba diving. It appeals to all ages because of how little effort is involved and is the basis of the two surface disciplines of the underwater sport of finswimming. e2435467e9

Compression garment Compression garments worn on the legs can help prevent deep vein thrombosis and reduce swelling, especially while traveling. by athletes and in exercise to prevent chafing and rashes. 7–4. In medical contexts, compression garments provide support for people who have to stand for long periods or have poor circulation. 0 kPa) or higher, typically require a doctor's prescription. Compression stockings and socks are hosiery specifically designed to help prevent the occurrence Compression garments are pieces of clothing that fit tightly around the skin. These come in varying degrees of compression, and higher degree compression sleeves, such as sleeves that provide compression of 20–30 mmHg (2 e2435467e9

Dry suit In hazmat configurations, however, all of these are covered as well. A dry suit normally protects the whole body except the head, hands, and possibly the feet. the dive over a dry suit with integral socks. Latex rubber ankle seals are sometimes fitted in place of socks and can allow better foot control of water A dry suit or drysuit provides the wearer with environmental protection by way of thermal insulation and exclusion of water, and is worn

by divers, boaters, water sports enthusiasts, and others who work or play in or near cold or contaminated water e2435467e9

== History == e2435467e9 There are a range of sleeping bag models designed for different purposes. Very lightly insulated sleeping bags are designed for summer camping use or indoor use by children during slumber parties... e2435467e9 In sports, form-fitting compression sportswear, usually made of spandex, is commonly worn by athletes and in exercise to prevent chafing and rashes. e2435467e9 Typical sport-specific garments include tracksuits, shorts, football or basketball jerseys, t-shirts and polo shirts. Specialized garments include swimsuits (for swimming), wet suits (for diving or surfing), ski suits (for skiing) and leotards and tights (for gymnastics or aerobics). Sports footwear includes football boots (also referred to as cletes), trainers, riding boots, tennis shoes (or running shoes), or ice skates. Sportswear also includes sports bras for running, crop tops, or a bikini top. Sportswear is often worn as casual fashion clothing. e2435467e9

Sleeping bag The bottom surface of a sleeping bag may be moderately water repellent, but a plastic tarp or groundsheet is often used to protect against moist ground. when camping, hiking, hill walking or climbing). It also typically has a water-resistant or water-repellent cover that protects, to some extent, against wind chill and light precipitation, but a tent is usually used in addition to a sleeping bag, as it performs those functions better. It is also commonly used indoors for people who do not have beds or at sleepovers. rectangular bag. g. Instead, it is simply stuffed into a stuff sack or compression sack. The bottom surface also provides some cushioning, but a sleeping pad or camp cot is usually used in addition to that purpose. The bottom of a sleeping bag typically does not provide significant A sleeping bag is an insulated covering for a person, essentially a lightweight quilt that can be closed with a zipper or similar means to form a tube, which functions as lightweight, portable bedding in situations where a person is sleeping outdoors (e. Its primary purpose is to provide warmth and thermal insulation through its synthetic or down insulation e2435467e9

Wetsuit It is usually made of foamed neoprene, and is worn by surfers,

divers, windsurfers, canoeists, and others engaged in water sports and other activities in or on the water. The bubbles also give the wetsuit a low density, providing buoyancy in water. Suit compression with depth A wetsuit is a garment worn to provide thermal protection while wet. [citation needed]. Neoprene socks may be used with full-footed fins, either to prevent chafing and blisters, or for warmth. It also contributes extra buoyancy. The insulation properties of neoprene foam depend mainly on bubbles of gas enclosed within the material, which reduce its ability to conduct heat. Its purpose is to provide thermal insulation and protection from abrasion, ultraviolet exposure, and stings from marine organisms e2435467e9

Hugh Bradner, a University of California, Berkeley, physicist, invented the modern wetsuit in 1952. Wetsuits became available in the mid-1950s and evolved as the relatively fragile foamed neoprene was first backed, and later sandwiched, with thin sheets of tougher material such as nylon or later spandex (also known as lycra). Improvements in the way joints in the wetsuit were made by gluing, taping and blind-stitching, helped the suit to remain waterproof and reduce flushing, the replacement of water trapped

between suit and body by cold water from the outside. Further...
e2435467e9 Compression can also be used for post surgeries, to help with the healing process. Garment usage varies per patient but can be worn up to a year. There are also second stage compression garments, that are every day wear. e2435467e9 The main difference between dry suits and wetsuits is that dry suits are designed to prevent water from entering. This generally allows better insulation, making them more suitable for use in cold water. Dry suits can be uncomfortably hot in warm or hot air, and are typically more expensive and more complex to don. For divers, they add some degree of operational complexity and hazard as the suit must be inflated and deflated with changes in depth in order to minimize "squeeze" on descent or uncontrolled rapid ascent due to excessive buoyancy, which requires additional skills for safe use. Dry suits provide passive thermal protection: Undergarments are worn for thermal insulation against heat transfer to the environment and are chosen to suit expected conditions. When this is insufficient... e2435467e9 == History == e2435467e9 Although the kilt is most often worn by men on formal occasions and at Highland games and other sporting events, it has also been adapted as an

item of informal male clothing, returning to its roots as an everyday garment. Kilts are now made for casual wear in a variety of materials. Alternative fastenings may be used and pockets inserted to avoid the need for a sporran. Kilts have also been adopted as female wear for some sports. e2435467e9 == History == e2435467e9 == Medical use == e2435467e9 Snorkeling is also used by scuba divers when at the surface, in underwater sports such as underwater hockey and underwater rugby, and as part of water-based searches conducted by search and rescue teams. e2435467e9

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