

How Long Should Compression Socks Be Worn

Triathlon equipment Also on long course events some athletes use long compression socks with the expectation that the socks will enhance endurance. outweigh the time lost. Triathlon 934fd4b9bb

== History == 934fd4b9bb Belts are used variously to secure or hold up clothing, such as trousers, shorts, and skirts; to carry objects, such as tools and weapons; and to define or accentuate the waist. 934fd4b9bb

Leggings 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. even been worn by a hurling full back. Leggings prominently returned to women's fashion in the 1960s, drawing from the form-fitting clothing of dancers. [non-primary source needed] Boys and men can also be seen wearing them under athletic shorts with socks over them Leggings are several types of leg attire that have varied through the years. 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. Leggings are a part of the late 2010s into the 2020s athleisure fashion trend of wearing activewear outside sporting activities and in casual settings. 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 934fd4b9bb

Sportswear Sport-specific clothing is worn for most sports and physical exercise. athletic clothing, including footwear, worn for sports activity or physical exercise 934fd4b9bb

Dry suit neoprene socks of the same material as the suit, with tougher soles and ankle ties to keep them on the feet, as the

"one-size fits all" socks must be too big

Worn since antiquity, the puttee was adopted as part of the service uniform of foot and mounted soldiers serving in British India during the second half of the nineteenth century. In its original form the puttee comprised long strips of cloth worn as a tribal legging in the Himalayas. The British Indian Army found this garment to be both comfortable and inexpensive, although it was considered to lack the smartness of the gaiter previously worn. According to the British author and soldier Patrick Leigh Fermor, infantry puttees were wound up from ankle to knee, but in cavalry regiments they were wound down from knee to ankle.

In sports, form-fitting compression sportswear, usually made of spandex, is commonly worn by athletes and in exercise to prevent chafing and rashes.

== Medical use ==

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.

Belt (clothing) Belts are worn to keep clothing in place or for aesthetic reasons. Belt buckles can often be adjusted to suit the wearer's waist circumference. The ends of a belt are free, and a buckle is often used to form the belt into a loop by securing one end to another part of the belt, at or near the other end, though they may also be without a buckle and be simply tied using some form of knot. and/or compression at or near the waist and/or by being smaller than the hips, and it maintains stockings' position on the legs by suspension. Often, the resulting loop is smaller than the hips. Belts come in many lengths because of the variety in waist sizes. A sock garter A belt is a flexible band or strap, typically made of leather, plastic, or heavy cloth, worn around the natural waist or near it (as far down as the hips)

Puttee They were worn by both mounted and dismounted soldiers, generally taking the place of the leather or cloth gaiter. the puttee comprised long strips of cloth worn as a tribal legging in the Himalayas. They consist of a long narrow piece of cloth wound tightly, and spirally round the leg, and serving to provide both support (as a compression garment) and protection. The

British Indian Army found this garment to be both comfortable and A puttee (also spelled puttie, adapted from the Hindi पातड़ी, meaning "bandage") is a covering for the lower part of the leg from the ankle to the knee, also known as: legwraps, leg bindings, winingas and Wickelbänder etc 934fd4b9bb

Compression garment Garment usage varies per patient but can be worn up to a year Compression garments are pieces of clothing that fit tightly around the skin. traveling. Compression garments worn on the legs can help prevent deep vein thrombosis and reduce swelling, especially while traveling. 7–4. These come in varying degrees of compression, and higher degree compression sleeves, such as sleeves that provide compression of 20–30 mmHg (2. In medical contexts, compression garments provide support for people who have to stand for long periods or have poor circulation. Compression can also be used for post surgeries, to help with the healing process. 0 kPa) or higher, typically require a doctor's prescription 934fd4b9bb

Wetsuit conditions longer wetsuit boots may be used with a drysuit where they are worn over the rubber drysuit socks. [citation needed] Wetsuit gloves are worn to keep 934fd4b9bb

Basketball uniform Socks must remain clearly visible during play. 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. 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. Must end above the knee. 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. shirts 934fd4b9bb

Sleeping bag larger sack (storage sack) as opposed to a small traveling sack (compression bag) during long periods of storage. However, many regular backpackers and hikers 934fd4b9bb

== History == 934fd4b9bb == History == 934fd4b9bb 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. 934fd4b9bb == Description == 934fd4b9bb Belts can also be used as whipping weapons in

fighting and corporal punishment. Notably, belts are associated with parents using them on children for physical discipline which sometimes leads to belts used as a symbol of child abuse. 934fd4b9bb The puttee was subsequently widely adopted by a number... 934fd4b9bb

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