

Compression Socks While Running

== Terminology and related clothing == d95be4774d == Trisuits == d95be4774d A rash guard shirt is usually worn by itself when surfing in weather too warm for a wetsuit to prevent chafing from sliding on and off of the waxed surface of the surfboard. A surfboard's wax holds sand from the beach that can rub against a surfer while paddling out to the break, or legs while sitting atop one's board. d95be4774d

Tights They come in absolute opaque, opaque, sheer and fishnet styles — or a combination, such as the original concept of the American term pantyhose with sheer legs and opaque panty. A variant, toe tights, are tights with individual toes, in the same way toe socks are socks with individual toes. toe tights, are tights with individual toes, in the same way toe socks are socks with individual toes. When made of fine silk, this hosiery was considered Tights are a kind of cloth garment, most often sheathing the body from the waist to the toe tips with a tight fit, hence the name d95be4774d

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. d95be4774d A jockstrap consists of a waistband (usually elastic) with a support pouch for the genitalia and two elastic straps affixed to the base of the pouch and to the left and right sides of the waistband at the hip. The pouch, in some varieties, may be fitted with a pocket to hold an abdominal guard (impact resistant cup, box) to protect the testicles and the penis from injury. d95be4774d A rash guard by itself is used for light coverage in warm weather for many other watersports including surfing, canoe polo, scuba diving, snorkeling, freediving, wakeboarding, bodysurfing, bodyboarding, windsurfing, kitesurfing, kayaking, stand up paddle surfing... d95be4774d

Compression garment Compression garments worn on the legs can help prevent deep vein thrombosis and reduce swelling, especially while traveling. 7–4. by athletes and in exercise to prevent chafing and rashes. 0 kPa) or higher, typically require a doctor's prescription. In medical contexts, compression garments provide support for people who have to stand for long periods or have poor circulation. 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 d95be4774d

Jockey meaning 'rider', primarily a race horse rider, has been in use since 1670. Jockey itself is the diminutive form of the Scots nickname Jock (for John) as Jackie is for the English nickname Jack. The nicknames Jack and Jackie... d95be4774d

Leggings 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. 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. 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. Leggings are a part of the late 2010s into the 2020s athleisure fashion trend of wearing activewear outside sporting activities and in casual settings. 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. 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. Leggings prominently returned to women's fashion in the 1960s, drawing from the form-fitting clothing of dancers d95be4774d

Gym shorts Cotton gym shorts were made popular by a cheerleading brand called Soffe. They are typically made out of fabrics that allow for maximum comfort and ease, such as nylon. [citation needed] Running shorts are Gym shorts are an article of clothing typically worn by people when exercising. briefs, compression shorts, swim briefs or other standard underwear, although jockstraps are now making a comeback. Brands such as Nike, Under Armour, Gymshark, Adidas, and Reebok all make gym shorts d95be4774d

Rash guards also offer some protection from the sun (measured by its Ultraviolet Protection Factor) and slight protection against jellyfish stings and are sometimes worn under wetsuits to prevent chafing. A rash guard helps to prevent irritation caused by rapid impact with surface water and waves as well. d95be4774d

Jockstrap have adjustable elastic straps and garter clips that hold hockey socks in place while the bulky goalie protector has genital and abdominal foam padding A jockstrap, colloquially called a jock, is an undergarment for protecting the scrotum and penis during contact sports, exercising, or other vigorous physical activity d95be4774d

== History and types == d95be4774d == Etymology == d95be4774d The company was founded on January 25, 1964, as "Blue Ribbon Sports", by Bill Bowerman and Phil Knight, and officially became Nike, Inc. on May 30, 1971. The company takes its name from Nike, the Greek goddess of victory. Nike markets its products under its own brand, as well as Nike Golf, Nike Pro, Nike+, Nike Blazers, Air Force 1, Nike Dunk, Air Max, Foamposite, Nike Skateboarding and Nike CR7. The company also sells products under its Air Jordan brand and its Converse subsidiary. Nike also owned Bauer Hockey from 1995 to 2008, and previously owned Cole Haan, Umbro, and Hurley International. In addition to manufacturing sportswear and equipment, the company operates retail stores under the Niketown name. Nike sponsors many high-profile athletes and sports teams around the world, with the highly recognized trademarks of "Just Do It" and the Swoosh logo. d95be4774d == Changes from short to baggy == d95be4774d The word jockstrap has purportedly been in use at least since 1891, a likely contraction of "jockey strap", as the garment was first designed for bicycle-riding messengers and deliverymen, or 'bike jockeys'. The Bike Jockey Strap was the first jockstrap manufactured in America in 1874. d95be4774d

Mechanics of Oscar Pistorius's running blades Pistorius has double below-the-knee amputations and competed in both non-

disabled and T44 amputee athletics events. He wears socks and pads which are visible above the sockets to reduce chafing and to prevent The mechanics of the running blades used by South African former Paralympic runner Oscar Pistorius depend on special carbon-fiber-reinforced polymer prosthetics. halfway between knee and ankle so he could wear prosthetic legs. Pistorius's eligibility to run in international non-disabled events is sanctioned by the International Association of Athletics Federations (IAAF) d95be4774d

Running shorts are a specialized form of shorts worn by runners. Often the cut of a running short is quite short, done in order to maximise breathability and movement. d95be4774d Pistorius began running in 2004 after a rugby knee injury which led to rehabilitation at the University of Pretoria's High Performance Centre with coach Ampie Louw. His first racing blades were fitted by South African prosthetist Francois Vanderwatt. Because he was unable to find suitable running blades in Pretoria, Vanderwatt ordered some to be made by a local engineer at Hanger Orthopedic Group. These quickly broke, and Vanderwatt referred Pistorius to American prosthetist and Paralympic sprinter Brian Frasure to be fitted for carbon-fibre blades by Icelandic company Össur. d95be4774d == Medical use == d95be4774d

Triathlon equipment Triathlon, even more so Due to the nature of triathlons as a race consisting of multiple sports many pieces of technical equipment have been borrowed from other sports, or developed specifically in an effort to race faster and improve a competitors safety. Also on long course events some athletes use long compression socks with the expectation that the socks will enhance endurance d95be4774d

== History == d95be4774d When made of fine silk, this hosiery was considered to be a stocking. When nylon fibres were developed and introduced in the 1940s, these stockings were referred to as nylons. When the separate legs were woven together with a panty that covered the lower torso up to the waist in a single, integrated format, the term pantyhose was coined, since it was a one piece construction of a panty with a pair of separate hose, one for each leg. This joining together eliminated any need for garters for holding up each separate leg covering. d95be4774d Pistorius's participation in non-disabled international sprinting competitions in 2007 raised questions about his use of running blades, and the IAAF amended their rules to ban the use of "any... d95be4774d The jillstrap (a.k.a. a "jill") is the female equivalent of the jockstrap, designed to protect the vulva from getting struck. d95be4774d == Description == d95be4774d

Nike, Inc. warmers, slouch socks, and bomber jackets. It is the world's largest supplier of athletic shoes and apparel and a major manufacturer of sports equipment, with revenue in excess of US\$46 billion in its fiscal year 2022. Particularly popular were the unisex spandex Nike Tempo compression shorts worn for cycling and running, which had Nike, Inc. is an American athletic footwear and apparel corporation headquartered near Beaverton, Oregon d95be4774d

While gym shorts were traditionally worn by men, from the late 1970s and onward, women began wearing them for better comfort at the gym as well as a modern fashion trend. d95be4774d As of 2024, it employed 83,700 people worldwide. In... d95be4774d In sports, form-fitting compression sportswear, usually made of spandex, is commonly worn by athletes and in exercise to prevent chafing and rashes. d95be4774d

Rash guard There are also lower body rash guards, which are similar to compression shorts to be worn under the surfers' boardshorts, but more specialized A rash guard, also known as rash vest or rashie, is an athletic shirt made of spandex and nylon or polyester. The name rash guard reflects the fact that the shirt protects the wearer against rashes caused by abrasion, or by sunburn from extended exposure to the sun, as sun protective clothing. swimming d95be4774d

Skin-tight garment Commercial stretch fabrics ('elastomerics') such as spandex or elastane (widely branded as 'Lycra') came onto the market in 1962, and revolutionized many areas of the clothing industry. Breeches Briefs Bodyskin Bodysuit Catsuit Compression garment Diveskin Form-fitting garment Leotard One-piece swimsuit Gimp A skin-tight garment is a garment that is held to the skin usually by elastic tension using some type of stretch fabric. A wide variety of clothing may be made to be skin-tight, and it is common for clothing to be skin-tight for some uses, such as in stockings, bodystockings, swimsuits and bras. extended periods in space d95be4774d

In American English, the difference between pantyhose and tights is determined in the weight of the yarn used and the density or tightness of weaving to which the garment is knitted. Generally, anything... d95be4774d

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