

## More – Blood Circulation With cep® Compression Socks

Consistent pressure from the outside, an effect that can be attained by wearing tightly fitted sports clothing, causes an increased blood circulation in the extremities, e.g. arms and legs.

We have conducted a comprehensive study on blood circulation in the forearm and our results confirmed that the optimal increase in blood flow is reached through consistent compression pressure\*.

Both the blood circulation at rest as well as the maximal blood circulation (peak flow after a five-minute arterial congestion = maximal blood circulation under physical strain) experience a significant increase.

The blood circulation of the lower leg can also be increased by wearing compression sportsocks.

In a pilot run with the cep® compression sportsocks that exert an almost consistent compression pressure onto the entire lower leg we discovered an increase in blood circulation at rest by an approximate 30% and an increase in peak flow of approximately 40%.

The decisive feature of the cep® compression sportsocks that produce such a considerable increase in blood flow is the consistent pressure. This concept of compression, which affects the arterial vessels, has been designed and developed by us and is protected by a patent\*\*.

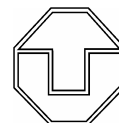
This is the main feature of the cep® compression sportsocks which distinguishes them from the traditional compression socks that are supposed to improve the venous return of blood back to the heart. A considerable difference exists to so-called compression socks which are already sold on the sporting goods market and to some extent differ considerably from cep® compression sportsocks with regard to the flow of pressure.

\*Bochmann et al., External compression increases forearm perfusion.  
J Appl Physiol. 2005 Dec;99(6):2337-44

\*\*Patente: DE 102 19 814.4 und DE 103 24 780.7



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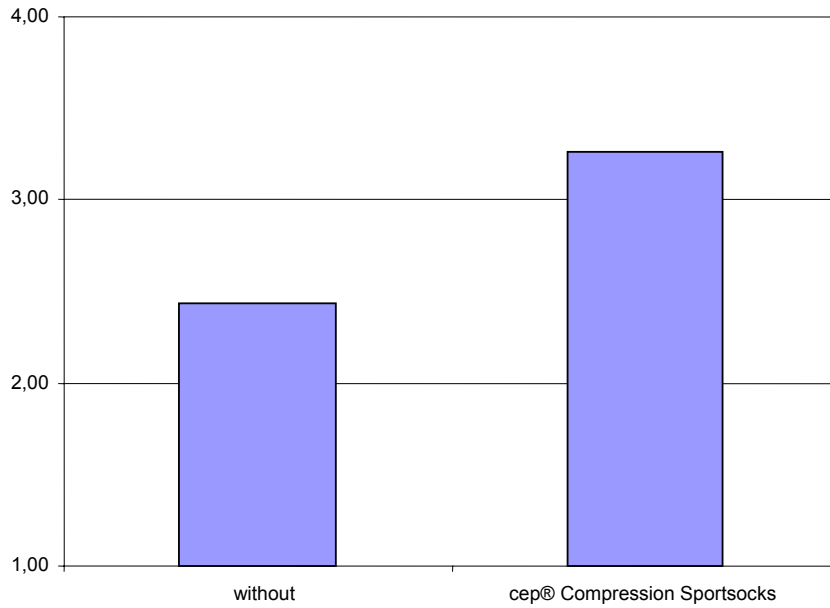


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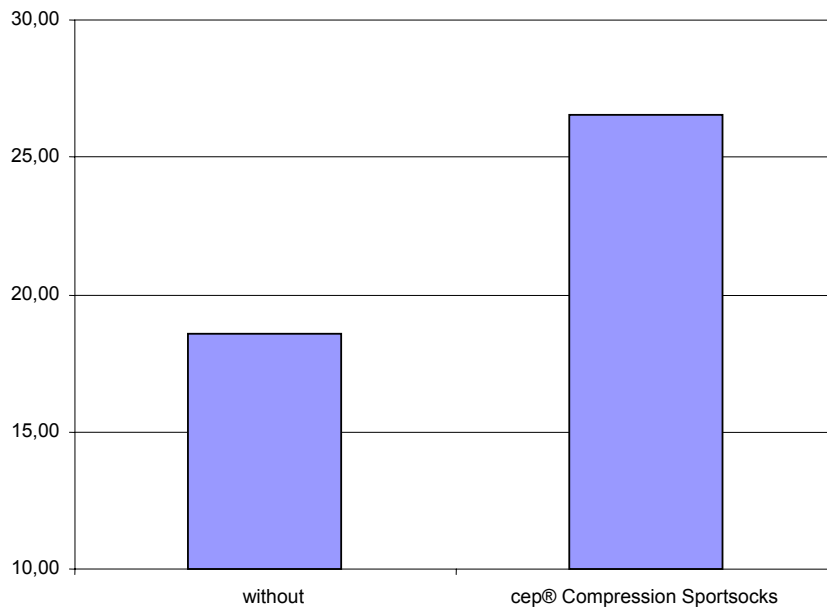
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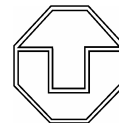
**Lower Leg Blood Circulation – At Rest** in ml/min/100 ml tissue



**Lower Leg Blood Circulation – Peak Flow** in ml/min/100 ml tissue



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