

Compression wear and shapewear: skin-tight apparel for enhanced performance and well-being

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Abstracts

Compression wear and shapewear garments are skin-tight items of clothing which apply pressure to specific parts of the body. Through the application of compression to underlying veins, the speed of blood flow increases and the rate of oxygen delivery to muscles is increased. Compression wear has long been used in medical applications to prevent circulation problems. It has also become an integral part of the recovery process following surgery, as it can aid skin recovery and minimise bruising. But over the past two decades, compression wear has become firmly established in active wear and sportswear following claims that compression garments can improve athletic performance, reduce the risk of injury and accelerate recovery during and after exercise. At the same time, shapewear has become highly popular, as an increasing number of people show an interest in garments which can contour their body shape using compression. This report analyses the growing market for compression wear and shapewear, and describes the principles and benefits of compression technology. It also describes the key features of compression garments and shapewear, alongside their functions in apparel applications. In addition, it provides an in depth review of key suppliers of compression garments and their products, as well as an outlook for the future.

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Athletic compression wear
Medical compression wear
Shapewear

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TECHNOLOGY IN APPAREL

Preventing and treating medical conditions
Healing after an injury or surgical operation
Relieving physical discomfort
Improving athletic performance
Enhanced warm-up and overall circulation
Heightened proprioception
Reduced muscle vibration
Reduction in drag
Lower build-up of lactic acid
Improved recovery
Reduced fatigue
Reduced damage
Lower risk of repetitive strain injuries
Psychological benefits

KEY FEATURES OF COMPRESSION GARMENTS

Fibre blends
Yarn diameter
Fabric construction
Seams
Fit
Pattern design

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Waistbands and drawstrings

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Compression stockings

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SHAPEWEAR

KEY SUPPLIERS OF COMPRESSION GARMENTS AND THEIR PRODUCTS

110% PLAY HARDER: ATHLETIC COMPRESSION WEAR

2XU: ATHLETIC COMPRESSION WEAR

Adidas: Techfit Powerweb

ASICS: Muscle Support

Body Science: warp knitted compression sportswear

Canterbury: Mercury TCR

Compressport: athletic compression wear

Lululemon Athletica: Wunder under Pant

MACOM Enterprises: Crystal Smooth cycling shorts

New Balance: HKNB Perfect Pant

Nike: Nike Pro

Pelham and Strutt: posture control T-shirt

Saucony: AMP PRO2

Sigvaris: compression wear for medical, well-being and sports applications

Skins: A200

Spanx: shapewear garments

Under Armour: AllSeasonGear, ColdGear and HeatGear

Wacoal Sports Science Corporation: CW-X Support Web

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X-technology Swiss Research & Development: X-BIONIC Effektor suits
Zensah: seamless compression sportswear
Zoot Sports: CRx Tights

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