

## PRESS RELEASE

### SKINS Pioneers Research into Dynamic Compression Pressure Measurement

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In 2008, whilst researching compression garments and effects on the human body in motion, SKINS discovered a short coming with the existing compression measuring devices. All commercially available devices were designed to take only static compression measurements in clinical situations. As such, they were incapable of measuring pressure levels on the skin whilst the body is in motion and while muscles are under load in real training settings. They were also only able to measure pressure at one point on the body, at one point in time.

SKINS approached the Commonwealth Scientific and Industrial Research Organisation (CSIRO) in Australia to evaluate an existing CSIRO wearable device for sensing low pressures. The device was adapted to measure dynamic compression at various locations on the body (e.g. calf, thigh) and transmit data in real time allowing timely assessment of personal performance.

The “**Wearable Dynamic Pressure Monitoring Device (WDPMD)**” was evaluated by SKINS over the past two years. The results of a study into the accuracy and precision of the WDPMD have been published and presented at the 8<sup>th</sup> Conference of the International Sports Engineering Association (ISEA), held in Vienna. The published findings illustrate that the WDPMD is comparable to existing compression measurement devices and is suitable for measuring changes in pressure dynamically between a subject and SKINS compression garments during various sporting activities. (McLaren et al, *Procedia Engineering*, 2 (2010) 3041-3046). Other advantages with this device are its memory, communication, power capacity and portability.

SKINS is the first and only gradient compression apparel company to use the WDPMD device to carry out research in order to understand the differences in the variability between pressure patterns when the body is static and when it is actively in motion. This has enabled SKINS to evaluate pressure pattern variability in their 400 Series product lines.

By fine tuning garments so precisely to athletes' needs while in motion, SKINS 400 Series **dynamic gradient compression** products provide more accurate compression to improve sports performance and physiological impact, as well as ensuring a more comfortable fit. This represents a revolutionary step forward in the history of sports compression wear.

The sports compression industry is rapidly evolving and SKINS' commitment to pushing the boundaries through scientific research ensures that the company remains at the forefront of gradient compression innovation.

Steinhausen, CH, August 2010

## Further information

### About SKINS

In Australia in 1996 SKINS embarked on a massive challenge to create a sports garment that aided recovery and improved performance. SKINS invested heavily in research to make it happen and is now Australia's leading compression brand.

SKINS have achieved rapid growth in other markets including Japan, the USA and the UK and now have their sights set on Europe and other international markets. The company relocated its international headquarters from Australia to Steinhausen in Switzerland on 1st February 2009.

SKINS continues to make their number one focus research and development in order to improve, rigorously test and expand the range of products. The increased performance benefits of SKINS are supported by numerous independent studies published in peer reviewed medical journals. SKINS are the only compression garment recommended and endorsed by the Australian Physiotherapy Association.

For detailed information on SKINS Compression Garments, please visit: **[skins.net](http://skins.net)**

For further information, including a copy of the published paper and graphs to illustrate the scientific findings outlined in the paper, please contact:

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