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Titolo	Compression Garments in Sports: Athletic Performance and Recovery / / edited by Florian Engel, Billy Sperlich
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ISBN	3-319-39480-0
Edizione	[1st ed. 2016.]
Descrizione fisica	1 online resource (V, 111 p. 10 illus., 3 illus. in color.)
Disciplina	612
Soggetti	Human physiology Sports sciences Physiotherapy Sports medicine Human Physiology Sport Science Sports Medicine
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references at the end of each chapters.
Nota di contenuto	Factors influencing the pressures applied by compression clothing -- Effects of compression garments on performance and recovery in endurance dominated exercise -- Effects of compression garments on performance and recovery in strength and speed dominated exercise -- Effects of compression garments in balance and precision tasks -- Effects of compression garments as a recovery intervention.
Sommario/riassunto	This book presents recent research addressing the effects of different types of compression clothing on sport performance and recovery after exercise. It is also the first book that summarizes the effects of compression clothing on all main motor abilities in the context of various sports, offering a wealth of practical guidelines on how to optimize performance and recovery with the help of compression clothing. The book examines the effects of this clothing on physiological, psychological and biomechanical parameters including endurance, speed, strength, power, and motor control. It explains the basic principles involved in the reasonable application of compression

garments in connection with different kinds of exercise, and describes the essential mechanisms of how compression garments work in a reader-friendly format that addresses the needs of researchers, athletes and coaches alike.

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