

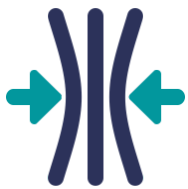
## Compression Therapy

Compression therapy encourages lymphatic drainage, blood flow, and cardiovascular health.

### How does Compression Therapy work?

Compression therapy involves tightly wrapping a body part, such as the legs, for a period of time to induce a range of health benefits mainly involving the lymphatic and cardiovascular systems. By compressing the area through this controlled pressure, it prevents blood from pooling and can induce recovery after an intense workout, or help stimulate proper lymph flow for cardiovascular conditions, and everything in between.

Compression therapy not only prevents blood from pooling in your extremities, but it also encourages improved blood flow back to the heart. Proper circulation is key component of maintaining optimal cardiovascular and lymphatic health.



Humans have used compression therapy to heal wounds and reduce inflammation for centuries, and its many health benefits are well researched. Compression therapy is found to be most effective when combined with movement.



### Clinically Proven Benefits

- Reduces swelling and edema
- Encourages blood flow to wounds
- Improves blood flow to the heart
- Accelerates muscle recovery
- Manages varicose veins
- Prevents deep vein thrombosis
- Improves healing of leg ulcers
- Manages lymphedema



### Symptoms Addressed

- Extremity pain
- Edema in hands, feet, or legs
- Post exertional muscle soreness
- Varicose veins
- Leg ulcers
- Poor blood flow
- Chronic venous insufficiency
- Orthostatic hypotension