Air-plethysmography and the effect of elastic compression on venous hemodynamics of the leg.
Christopoulos DG, Nicolaides AN, Szendro G, Irvine AT, Bull ML, Eastcott HH.

SV: 18 mmHg Thigh high
DVD: 27 mmHg Knee high
No compression 18-22 vs 25-33 mmHg
venous emptying is up to 45% greater
and 30% faster with stockings
Class 2 had a more pronounced effect

30 vs 18 mmHg vs Sham
30 mmHg relieves triceps surae fatigue

Ankle exercise and venous blood velocity.
Susan P6

How long should I walk for?

Do I need graduated compression stockings?

Which compression level?
Healthy subjects lower limb volume and perceived exertion following a standardized walk with and without graduated compression

### LOWER LIMB VOLUMETRY

<table>
<thead>
<tr>
<th>GROUP</th>
<th>PRE (ml)</th>
<th>POST (ml)</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>A (without stockings)</td>
<td>2448±413</td>
<td>2454±26 ml</td>
<td>&gt;0.24%</td>
</tr>
<tr>
<td>B (with stockings)</td>
<td>2434±459</td>
<td>2312±396</td>
<td>5%</td>
</tr>
</tbody>
</table>

*Student's t-test, Mann Whitney and Wilcoxon test where appropriate. Significance p<.05.*

### PERCEIVED EXERTION

<table>
<thead>
<tr>
<th>GROUP</th>
<th>MEAN PERCEIVED EXERTION</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>14±0.3</td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>31±5.9</td>
<td>0.0001</td>
</tr>
</tbody>
</table>
