

## ESSENTIAL GEAR

### Why Every Skier Should Ski in Opedix

*part 4 in a series*

#### Much More than Standard Compression

Compression tights have been proven generally effective in aiding recovery for muscles after intense exercise such as skiing. “Standard compression that’s been around for years has been found to assist recovery post activity, primarily by increasing blood flow and reducing muscle vibration.” explains Michael Decker Ph.D. at Denver University’s Human Dynamics Laboratory. “There’s little proof it provides any biomechanical efficacy during an activity.” We know compression influences muscles but comparisons of these products to Opedix is apples and oranges.

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Opedix products are so much more. The game changer is patented Torque Reform Technology (TRT) which works with compression to improve joint function. When joint function is improved, so are both performance and recovery. There’s a reason compression-only products don’t boast about improved joint function - they can’t.

Research by the University of Denver on alpine ski racers in real, on snow conditions at Vail, Colorado concluded that skiing technique was improved when wearing Opedix tights. According to Bradley Davidson, Ph.D., “We found turning technique was improved when wearing Opedix tights by promoting forward body positioning and improved dynamic balance, which resulted in better steering control.”

“What’s really amazing is Opedix tights improved technique for NCAA alpine racers who were test subjects, some of whom ski for the U.S. national team.” explained Kim Gustafson, Opedix Founder and PSIA certified alpine ski instructor. “It was a group of very accomplished skiers to say the least.”

**“turning technique was  
improved by the tights”**

“Ski instructors, are always trying to get a student’s weight forward which moves the center of gravity over their boots resulting in better skiing. We have a product that naturally does that. If Opedix tights improve technique for elite skiers, imagine how they can help recreational skiers.”

Step up from regular compression garments to Opedix. The differences are profound.