

Published based on [Compression Socks for Running: What They're Not Telling You](#)

Compression Socks for Running: What They're Not Telling You

Using compression socks for recovery, running and to speed up rehab from injury, is practiced by athletes, coaches and trainers at the highest levels. However, only graduated compression socks with a measured compression range in “mmHg” are clinically proven to be effective.

So you should take precaution of the generic “compression socks” you see advertised. If they is no compression value listed (eg. 15-20mmHg, 20-30mmHg) they are almost certainly not incorporating graduated compression, and can actually constrict your circulation and cause serious problems.

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