



ZaGoMed

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Follow-Up Study With 19 Marathon Runners Who Tested cep® Running Socks for Three Months in Training and in Competition

Method: Runners were questioned as to the overall effect the socks had on them during training.

Summary of the Results:

About half of the runners experienced a more easy run (47%) and a more loose calf musculature (53%) while using cep® running socks.

60% of runners who suffer from muscle and tendon aches in the lower leg or experience pain in the ankle joint/foot reported an alleviation from these aches as a result of wearing the sport socks.

84% of the runners regarded the cell active thread of the socks to be pleasant on the skin and were overall satisfied with the fit.

While wearing the sportsocks not one of the runners developed either abbraisions/blisters or any other skin irritation.

90% of the runners regarded the effect of compression as pleasant.

79% of the runners who participated in the test decided to continue to wear the socks during training and 63% wanted to also regularly wear the socks during competitions!

Conclusion:

It can be concluded that the socks were very positively received by the runners. Possible injuries were avoided by wearing the socks. Thus, it can be recommended to wear socks, especially for runners in order to prevent potential running injuries.