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Title: Immediate effects of wearing knee length socks differing in compression level on postural regulation in community-dwelling, healthy, elderly men and women

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Immediate effects of wearing knee length socks differing in compression level on postural regulation in community-dwelling, healthy, elderly men and women

Running Head: Knee length socks and postural regulation

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Highlights of Paper

- Wearing compression socks enhanced postural regulation in elderly population.
- Wearing compression socks reduced postural sway while standing on a foam surface.
- Gender differences were seen in response to the effects of wearing compression socks.
- Wearing compression socks decreased anterior-posterior sway in elderly men.
- Wearing compression socks decreased sway area and sway velocity in elderly women.

Postural regulation and stability of balance are affected by types of standing surfaces and somatosensory system function of an individual [1]. Standing on unstable surfaces, like foam surfaces, have revealed the important role of somatosensory information in postural regulation and balance [1,2]. Studies have suggested that postural sway increases for balance

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