



KYMIRA

Bob Stewart

International Rugby Head Physi-
otherapist

Marginal gains helps Physiotherapist
to International Rugby Teams, Bob
Stewart, safeguard his player's
performance against the rigours of full
contact sport



“There is nothing else like KYMIRA®, there really is no substitute for it. Building the products into our regime gave the athletes something more.”

I first came across KYMIRA products in 2015, but it wasn't until a few years later when I was reminded of the benefits of individualised recovery using infrared sportswear products that I contacted the team at KYMIRA. The International Rugby Team I support uses the products for any muscle soreness in training, recovery, on game day for travel, warm-ups and sleeping in after a match. They've also been effectively used for injury prevention. After implementation in the team I had **six members come and ask me for more products** because they'd used up their initial supply and didn't want to train in anything else before their laundry cycle was up.

We saw **a dramatic decrease in soft tissue injuries in camp** almost immediately. We'd normally expect to see around 4 over the course of a Six Nations campaign and instead only had 1. The performance benefits also came as a surprise. The backs were **still hitting PBs 6 weeks into camp**, which is unheard of, and players were commenting how much more comfortable it was than compression wear, which can feel re-

strictive. There was no substitute we could find for it. There is nothing else in the mainstream like it.

Now we're moving on to bigger team campaigns, we habitually use KYMIRA in **7 modalities across training, recovery, sleep, travel and, for those that want to, during matches**. The feedback from the players has been exceptionally positive for the thermoregulation and comfort during exercise and travel. In its use as a recovery protocol we've seen a **reduction in perceived pain scores of 25%** and **an increase in mobility of 33%**. During the Six Nations campaign 2018, the first real test of the kit, we saw a massive **increase in sustained training and strength and conditioning intensity** from the squad. We had made no other real changes except implementation of KYMIRA products. It gave us the freedom as coaches to increase training loads while also reducing risk of injury recurrence and was instrumental in the success of the team.

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