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# The NARA socks Project: *Monozukuri* Japan

- promoting the spread of compression therapy and the revival of a local industry -

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## BACKGROUND

Nara Prefecture is home to the major producers of socks in Japan. The manufacturers are highly reputed for their technical skills and capabilities, and supply products to such overseas luxury brands. However, with massive amounts of low-cost products being imported into Japan from Southeast Asia, the production volume has dropped greatly from the peak period. Situations are so tough that small factories are forced to go out of business. And Japan is a country with many disasters because of island. Therefore we cooperated with a sock manufacturer in Nara to produce and bring to market knee-high compression stockings(Fig. 1). We performed a series of activities to promote the spread of compression therapy, titled the “NARA Socks Project.”

## METHODS

We investigated changes in the circumference of the leg below the knee and improvements in the blood circulation of the legs before and after using the compression stockings and performed a survey of users’ feelings while wearing the stockings(Table 1).

## RESULTS

The results revealed that the circumference of the leg below the knee showed a decreasing tendency after wearing the compression stockings. The peak velocity of the popliteal vein tended to increase 20 min after wearing the compression stockings(Table 2).

## DISCUSSION

The compression stockings seemed to be effective for promoting venous return and preventing deep vein thrombosis of the lower limbs in healthy people.

Fig.1



Table 1

n	16			
Age	36.4±9.3			
Sex	Male 8 / Female 8			
Height	166.5 cm			
Weight	60.4kg			
BMI	21.7			
Occupation	Doctor 2 / Nurse 5 / Medical technologist 3 / Pharmacist 1 / Medical clerk 3 / Clerical staff 2			
Stocking size	S10 / M5 / L1			
*BMI : Body Mass Index				
Subjects	20' s	30' s	40' s	50' s
Male	2	3	2	1
Female	3	3	2	0

Table 2

	Time(minutes)		
	0	20	40
Averaged PV (cm/second)	4.65(1.9)	5.62(2.1)	5.51(2.3)
VD (mm)	8.65±1.1	8.48±1.2	8.39±1.2