



Bob Stewart

Role: Senior Physiotherapist, Rugby

When do the squad use KYMIRA Sport products?

During training, as a recovery protocol and for those that want to, during matches.

What are the key benefits that the players see?

The squad has been very, very positive in their feedback for comfort, thermoregulation and using during travel. As a recovery protocol we have seen a 25% reduction in perceived pain scores, a 33% reduction in stiffness.

With regard to performance, during the Six Nations 2018 we saw a massive increase in sustained training and strength & conditioning intensity. The only real change that we made was to introduce KYMIRA Sport products which have allowed us to achieve much higher training loads while also reducing risk of injury occurrence.

Do you find the kit helps more with performance or recovery?

We are using the KYMIRA Sport kit for both. We see the most use as a recovery protocol however a lot of the players have adopted the kit to wear during their training as well. We feel that it has added another string to our bow and is providing more consistency in training.

Would you recommend KYMIRA?

Yes, there is nothing else like KYMIRA, there really is no substitute for it. Building the products into our regime gives our athletes something more. In fact, 6 of our players asked for more kit as they had used their three outfits and wanted more to wear rather than use something else while the laundry was done.

