



Henry Trinder

Gloucester RFC & England Rugby

Contact: @HenryTrinder

Henry Trinder is a full-time professional Rugby Union player, playing for Gloucester RFC, who has represented England at both junior and senior levels.

Having been playing at the top level for the past 12 years, Henry has become well aware of his body's needs for performance and recovery, something that has become all the more important in the context of injuries that have threatened his sporting career. And that's where KYMIRA Sport come in.



Rugby union is a sport that has always been tough, but is getting tougher and tougher by the year. As training principles and technologies evolve, players have become bigger, faster and fitter, and the game has become more intense and demanding. With players engaging in multiple training sessions a day ranging from team skills to strength work to cardio fitness, athletes need to be on top of their performance not just on match day, but every day.

How KYMIRA products have become part of Henry's routine

When Henry was faced with a succession of career-threatening injuries to his anterior cruciate ligament, medial cruciate ligament, iliotibial band and hamstring, all in the space of two years, his focus on recovery and self-care was pushed to the forefront. Having to recover and come back from such injuries led Henry to investing a great deal of time in rehabilitation, learning what it is the body needs to repair and rejuvenate. As such, when he started to suffer Achilles pains – the result of demanding training and competition on compacted ground - his research into what he would need for a quick, effective fix led him to Kymira Sport.

The infrared technology in our full-length compression socks, which he took to wearing at night so as to enable him to recover when not training, totally changed his daily routine. Like all our clothing, the socks harness the wearer's waste energy and latent energy by converting it to infrared. This results in an increase of nitric oxide, which has been proven to produce positive biological effects on the body including increased oxygenation and energy production in the blood, and improved efficiency of respiration, which combine to relieve pain and increase cellular repair



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and replication – thus improving healing and recovery times.

“The socks would take the pain away dramatically. I noticed a big difference almost straight away – if I wore them overnight I wouldn’t need to warm up for an extra 15 minutes before every session like I used to in order to manage the condition.”

Day or night, KYMIRA is integral for Henry

Henry is well aware of the needs of recovery to boost his performance and keep him competitive, and along with a range of self-care methods such as foam rolling, stretching, and adequate sleep, Kymira Sport has now become integral to his routine. “Recovery is vital, mentally, nutritionally and physically. I’ve taken that to the next level in the last few years with recovery garments, and Kymira Sport have been key. The infrared technology is a huge draw for me in terms of recovering quicker and faster.”

Henry now goes as far as to wear Kymira Sport undergarments in competition rather than club-provided kit as he is so passionate about the impact that they have on his performance. “I wear the undershorts when I train and compete, and the full-length socks and full tights for recovery and travel. I really can feel the positive impact from them,” he says.

For Henry, Kymira Sport represent a revolutionary next step that he believes will spread far. “I think Kymira’s technology will go a long way in the future when other teams catch on to how much a difference it makes,” he says. “All professional sports teams are looking to make as many marginal gains in helping train harder and recover fast and Kymira Sport really do offer this.”