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7 Best Compression Socks of 2024

By [Deirdre Mundorf](#)



Reviewed by [Marlo Jappen Porto](#)

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Compression socks offer relief to a wide range of people including athletes, pregnant people, travelers, those recovering from surgery, and individuals who are on their feet for long hours. As Kelvin Fernandez, MD, an internal medicine physician and medical residency advisor for Ace Med Boards, explains, “They provide graduated compression, with the tightest compression starting at the ankles and then decreasing up the leg.” Dr. Fernandez adds, “This design promotes blood flow back towards the heart and helps reduce swelling and can prevent blood clots.”

After putting in the research and speaking to experts, we landed on this list of options to help you find the best compression socks for your needs. The Pro Compression Elite Compression Socks earns our top recommendation because it’s available in various sizes and compression ratings and its moisture-wicking fabric keeps you comfortable.

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Best Overall

Pro Compression Elite Compression Socks »

**PROS:**

- ✓ Three size options
- ✓ Moisture-wicking fabric
- ✓ Machine-washable

CONS:

- ✗ Not very budget-friendly
- ✗ Only five color options

[Buy From PRO Compression](#)

The Pro Compression Elite Compression Socks, which have a compression rating of 20 to 30 millimeters of mercury (mmHg), are a suitable choice for those looking for firm compression to help with recovering from surgery or alleviating swelling from other causes. For reference, socks with an 8- to 15-mmHg rating offer light compression, while a pair with a 30- to 40-mmHg rating is advised for those with severe swelling or blood clots.

The knee-high socks are designed to provide support to the tendons and muscles as they help increase blood flow. Each sock features a padded heel to help users remain more comfortable when standing for extended periods.

These compression socks are made from a moisture-wicking blend of nylon and spandex. They're available in three different sizes to accommodate a

range of shoe sizes and calf circumferences (up to 19 inches). The socks are [machine-washable](#) but should be line-dried. Pro Compression offers five different color options, including heather gray, black, neon blue, berry, and teal.

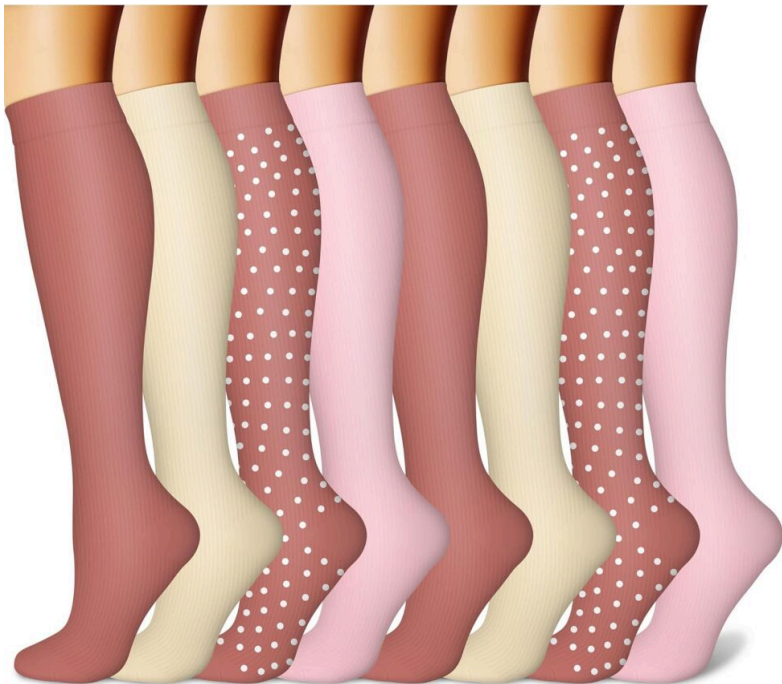
Specs

List Price:	\$35
Materials:	Nylon and spandex
Compression Level:	20-30 mmHg

[Buy From PRO Compression »](#)

Best Budget

Charmking Compression Socks »



PROS:

- ✓ Inexpensive
- ✓ Several color and pattern choices
- ✓ Have a reinforced heel and toe

CONS:

- ✗ Only two size options
- ✗ May be too short for some individuals

Buy From Amazon

The Charmking Compressions Socks retail for about \$25 for an eight-pack, which is comparably priced to many of the individual pairs of compression socks on our list. The socks offer moderate pressure of 15 to 20 mmHg, making them a suitable choice to support many everyday activities, such as exercising, running, hiking, or traveling.

Charmking makes these socks in two sizes: Small-Medium and Large-X-Large. Made from a blend of nylon and spandex, they offer a breathable feel. There’s a wide assortment of color and pattern combinations to choose from – more than 40 in total. With neutral, solid, and vibrant options, each individual can find the right fit for their style and preferences.

Specs

List Price:	\$26.99 (eight-pack)
Materials:	Nylon and spandex
Compression Level:	15-20 mmHg

[Buy From Amazon »](#)

Best for Runners

SB Sox Compression Socks »



PROS:

- ✓ Integrated arch support
- ✓ No-slip upper cuff
- ✓ Four size options

CONS:

- ✗ Some say top band is narrow
- ✗ Some reviewers say colors are slightly different than pictured

[Buy From Amazon](#)

The SB Sox Compression Socks are a top pick for runners and other athletes looking to enhance blood flow during their workouts. They offer a compression level of 20 to 30 mmHg and are available in four sizes to offer a comfortable fit for a range of users. Choose from 22 different color and pattern options, each with a lightweight and breathable feel, reinforced heels and toes, arch support, and a no-slip upper calf cuff.

Aashish Rastogi, a personal trainer and the CEO of the online sports store SportsUncle, highlighted this pair as one of his favorite compression socks.

He says, “While I’m not a medical professional, from a sports and fitness perspective, I recommend SB SOX Compression Socks. They offer balanced compression and superior comfort and are made from high-quality, durable materials, making them an excellent choice for athletes and individuals seeking everyday leg support.”

Specs

List Price:	\$24.95
Materials:	Nylon and spandex
Compression Level:	20-30 mmHg

[Buy From Amazon »](#)

Best for Pregnancy

Bombas Women’s Performance Compression ...



PROS:

- ✓ Honeycomb arch support
- ✓ Temperature-regulating vents for enhanced airflow
- ✓ Three size options

CONS:

- ✗ Pricey
- ✗ Limited color choices

Buy From Bombas

The Bombas Women’s Performance Compression Socks are an appealing option for those experiencing pregnancy-related swelling. These socks offer a firm compression level of 20 to 30 mmHg, which can help enhance blood flow and reduce swelling. Beyond the compression, they’re designed with other features that can help keep pregnant people more comfortable as they progress through their pregnancy. The Honeycomb arch support is designed to cradle the foot to reduce pain when standing for prolonged periods. These compression socks also offer temperature-regulating vents to prevent overheating.

Bombas offers three size options to fit women’s shoe sizes between 4 and 13. However, the size chart doesn’t list calf circumference, so you might not find the socks to be an ideal fit if your calf is wider than average. There are three different color combinations available: Pink Lotus, Ocean Fog, and Midnight Storm.

Specs

List Price:	\$36
Materials:	Polyester, nylon, elastane, and cotton
Compression Level:	20-30 mmHg

Buy From Bombas »

Best for Travel

Vim & Vigr Solid Compression Socks »



PROS:

- ✓ Suitable for all-day wear
- ✓ Six size options (including for those with wide calves)
- ✓ Moisture-wicking

CONS:

- ✗ Expensive
- ✗ Only three color choices

[Buy From Amazon](#)

If you'll be sitting for an extended period in a car, plane, or train for travel, consider trying the Vim & Vigr Solid Compression Socks. These offer a moderate compression level of 15 to 20 mmHg to help promote blood flow as you're in transit. The socks are also designed for comfortable all-day wear. The moisture-wicking nylon and spandex material helps to pull sweat away from the body to ensure you stay comfortable.

One of the benefits of these socks over several other options is that the manufacturer offers them in extended sizes. In addition to the more standard small/medium, medium/large, and large/extra-large sizes, there are also wide calf options available for all of these sizes. In all, there are six size options to help each individual find the ideal fit. However, the color choices are more limited for these socks than some other options, with only black, navy, and cashew available.

Specs

List Price:	\$38
Materials:	Nylon and spandex
Compression Level:	15-20 mmHg

[Buy From Amazon »](#)

Best for Swelling

SockWell Women’s Circulator Moderate Gradu...



PROS:

- ✓ Integrated arch support
- ✓ Multiple color options
- ✓ Machine-washable

CONS:

- ✗ Prone to pilling
- ✗ Sizing chart doesn't account for calf width

[Buy From Amazon](#)

Improve blood flow and circulation to reduce swelling with the SockWell Women's Circulator Moderate Graduated Compression Socks. These women's compression socks offer a 15- to 20-mmHg compression level, a cushioned sole, and arch support for enhanced comfort. They're suitable for all-day wear for a variety of purposes, such as recovering from surgery, traveling, exercise, pregnancy, and more.

The socks are made from a blend of merino wool, rayon, nylon, and spandex. The merino wool gives them temperature-regulating properties to keep individuals from getting too hot or too cool. The merino wool material can also help prevent blisters, minimize odors, and ensure your feet stay dry as you wear the socks. SockWell offers these compression socks in two different sizes and 18 different color options. They're machine-washable for easy cleaning.

Specs

List Price:	\$29.99
Materials:	Merino wool, rayon, nylon, and spandex
Compression Level:	15-20 mmHg

[Buy From Amazon »](#)

Best for Durability

Comrad Knee-High Compression Socks »



PROS:

- ✓ Holds up well to regular washings
- ✓ Antimicrobial technology keeps socks fresh
- ✓ Breathable
- ✓ Gradual compression helps with swelling

CONS:

- ✗ Sold out in certain sizes
- ✗ Hang drying is recommended

[Buy From Amazon](#)

For those who want compression socks that can withstand the test of time, these knee-high compression socks from Comrad are a strong choice. They earn the praise of Megan Wood, senior editor of the home goods team at U.S. News 360 Reviews, who previously took 10 to 15 flights per month for her job as a hotel reviewer.

“I needed compression socks that would hold up to regular wear and washings, and Comrad didn't disappoint,” Wood says. “I've had the same two pairs for seven years. After countless flights and washings, they still provide a comfortable amount of compression. No pilling, no rolling, and no lingering odor.”

The Comrad Knee-High Compression Socks use SmartSilver Ions – the brand’s trademarked antimicrobial technology that eliminates odors – to keep this pair fresh even after extended use. These socks are breathable, too, thanks to their moisture-wicking nylon construction.

The toe and heel of this model have cushioning for durability. These socks offer gradual compression, meaning support is strongest at the feet and then it gradually reduces to combat swelling.

Specs

List Price:	\$28
Materials:	Nylon and spandex
Compression Level:	15-20 mmHg

[Buy From Amazon »](#)

The Bottom Line

The Pro Compression Elite Compression Socks earned our best overall pick. These socks have a compression rating of 20 to 30 mmHg, come in three different sizes and five different colors, and can help wick moisture away from your skin for prolonged comfort.

Alain Tanbe, MD, a vascular surgeon at Mercy Medical Center in Baltimore, Maryland, stresses the importance of compression socks. Dr. Tanbe says, "I believe that in our current lifestyle, there is a lot of standing and sitting involved and that can lead to venous insufficiency and leg swelling in the future. Also, long car rides and flights are known to be a risk for developing [blood clots](#), so wearing the compression helps prevent that." Keep his words in mind as you finalize your decision about which of our recommendations is the best fit for your needs.

Things To Consider When Buying Compression Socks

Material and Breathability: Compression socks can be made from a variety of materials, including cotton, wool, nylon, and spandex. The right material for you will likely depend on where you plan to wear the socks, your comfort preferences, and the temperature.

Polyester, nylon, spandex, and other synthetic materials are often used to make compression socks. These materials are known for their durability. They're also moisture-wicking, which can help you stay cool on a warm day or when exercising.

Cotton is another common choice for use during warm weather or strenuous exercise. Cotton compression socks will offer breathability to help keep your feet and legs from getting overheated. You may also see some compression socks made from wool. While many see wool as only suitable for cold weather, the natural fiber can be worn in different climates thanks to its temperature-regulating capabilities. Merino wool compression socks, in particular, can help keep you cooler on a hot day or warmer on a cold day.

Size Range: Compression socks aren't a one-size-fits-all product. As you shop, pay attention to the available size range for each pair you're considering. Most companies should offer a size chart to help you ensure a proper fit.

Beyond your foot length and shoe size, there's another important measurement to keep in mind when buying knee-length compression socks: the width of your calf. Using a tape measure to find the circumference of your calf and choosing a sock that will offer an appropriate fit can help prevent the socks from sliding down, bunching up, or being tighter than they should. Not all manufacturers offer different size

options based on calf circumference. If you're having a hard time finding a pair of compression socks that fit correctly or you have a wider or thinner calf than the average person, looking for a size chart with this measurement may be important.

Compression Level: Fernandez of Ace Med Boards explains, "Determining the appropriate compression level for compression socks is quite important and should be based on the reason for using them." He shares, "Compression levels are measured in millimeters of mercury (mmHg), and they range from light pressure to very firm pressure."

The right pressure level will vary based on your needs, Fernandez remarks. Light compression socks with a pressure level between 8 and 15 mmHg should be adequate for mild swelling, while a moderate compression level between 15 and 20 mmHg is generally recommended for moderate or more severe swelling. As Fernandez notes, this level of pressure can also help "prevent deep vein thrombosis during long periods of immobility, such as plane flights."

For other more serious medical conditions, a doctor's prescription may be necessary to obtain extra-firm compression socks (compression levels up to 40 mmHg). Some conditions that Fernandez highlights that could warrant the extra pressure include "post-surgical recovery, severe [varicose veins](#), or active venous ulcers."

Length: Compression socks are also available in different lengths, including ankle, knee-high, and thigh-high options. Additionally, there are also compression sleeves, which cover only the calves and not the foot itself. Tanbe says, "I generally recommend wearing knee-high compression including the foot." Conversely, he doesn't recommend compression sleeves. He explains, "They might cause more swelling in the foot or around the ankle."

Additionally, Tanbe doesn't generally recommend thigh-high socks. He says, "They are harder to put on and they tend to roll down." This can impede their effectiveness and make them less comfortable to wear. Ankle compression socks won't offer the same benefits as knee-high options, so, unless they're specifically recommended by a doctor, you'll want to contain your search to options that go up to the knee.

Color Options: While the color of the compression socks you choose won't impact performance or comfort, it can play a role in the overall style of the sock and how well it'll coordinate with your wardrobe. Consider what you'll likely be wearing with

the compression socks you choose, whether it be workout gear or business attire, and look for a pair that'll match your outfits.

Features: If you'll be wearing the socks to run or perform other strenuous activities, you may want to prioritize finding a pair with moisture-wicking properties to help prevent you from overheating.

Reinforced toes and heels are two additional features to consider. They can add to the overall durability and longevity of each pair of socks, helping you get more for your money. A padded or cushioned sole can help enhance the comfort of the socks, alleviating some of the stress caused by standing on your feet for prolonged periods.

How We Chose the Best Compression Socks

We consulted medical and sports professionals to help us choose the best compression socks. The experts we reached out to include [Dr. Alain Tanbe](#), a vascular surgeon at [Mercy Medical Center](#) in Baltimore, Maryland; Dr. Kelvin Fernandez, an internal medicine physician, a tutor, and a medical residency advisor of [Ace Med Boards](#); and Aashish Rastogi, a personal trainer and CEO of [SportsUncle](#). In addition to the invaluable insight that these professionals offered, we also considered the ratings and reviews provided by both everyday users and professional reviewers. Finally, we sought to include a variety of options for different needs, styles, and budgets.

WHY SHOULD YOU TRUST US?

Our contributors and editors have years of experience researching, testing, and reviewing products. [Deirdre Mundorf](#), the author of this piece, has been writing about home-related topics for five years. A contributor to U.S. News 360 Reviews, she has covered the [best shoes for standing all day](#), [insoles](#), and [pregnancy pillows](#), among other wellness topics. She also has bylines in several other online publications, including USA Today, House Digest, and Bob Vila. The reviewer of this piece, Marlo Jappen Porto, has been an editor at U.S. News 360 Reviews since 2022, specializing in the home and health categories.

FAQ

What's the difference between a down comforter and a down-alternative comforter? +

Do I need to use a duvet cover with a down-alternative comforter? +

How do I clean a down-alternative comforter? +

How do I prevent a down-alternative comforter from clumping? +

When should I replace a down-alternative comforter? +

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Contributor



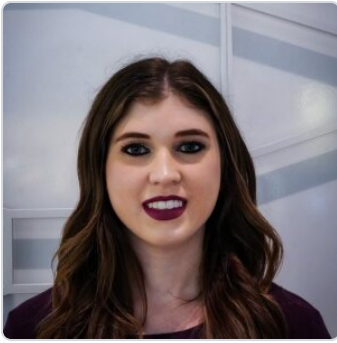
Mundorf is a freelance writer who specializes in home goods, family, and pet content. She has more than three years of experience as a professional writer and her work has been featured in [Bob Vila](#), [Discover Magazine](#), and [House Digest](#). Prior to her freelancing career, Mundorf was an elementary school teacher for more than a decade.

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Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

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