

Study Design

SRC Recovery Shorts, Research Laboratory analysis of functional effect

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Objectives

1. To investigate the impact of the patented SRC Recovery Shorts on abdominal muscle architecture and the induced activity to this area.
2. To investigate the impact of the patented SRC Recovery Shorts on muscle tone, elasticity and stiffness.
3. To quantify the pressure exerted by the patented SRC Recovery Shorts to the perineal area across a range of motions.

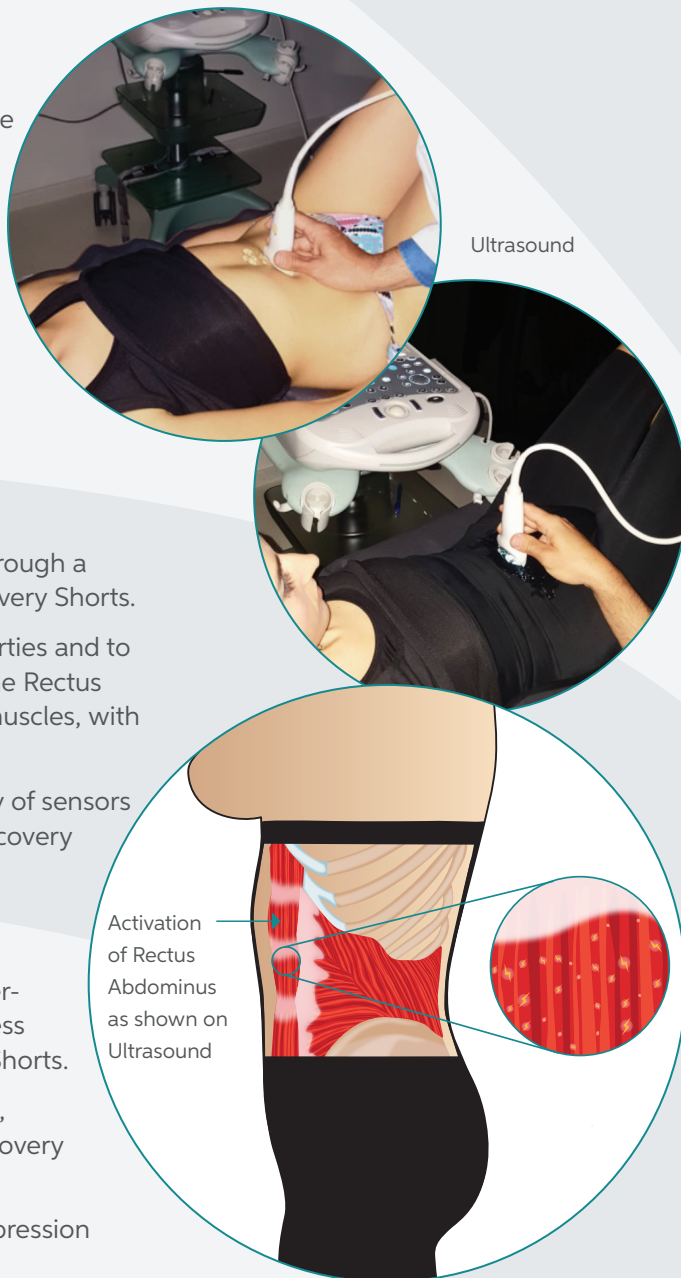
Methods

One young woman was tested in laboratory using:

1. Ultrasonography to record muscle architecture through a range of motions, with and without the SRC Recovery Shorts.
2. Myotonometry to measure bio-mechanical properties and to characterise the Tone, Elasticity and Stiffness of the Rectus Femoris, Rectus Abdominus and Erector Spinae muscles, with and without the Recovery Shorts.
3. Tactile Pressure measurement via a very thin array of sensors inserted between the underwear and the SRC Recovery Shorts then repeated with regular gym shorts.

Results

1. Ultrasonography demonstrated a decrease in inter-rectus abdominal distance and increase in thickness in the rest position when wearing SRC Recovery Shorts.
2. Myotonometry demonstrated higher muscle tone, elasticity and stiffness when wearing the SRC Recovery Shorts.
3. Pressure studies showed continuous, gentle compression across a range of motions.



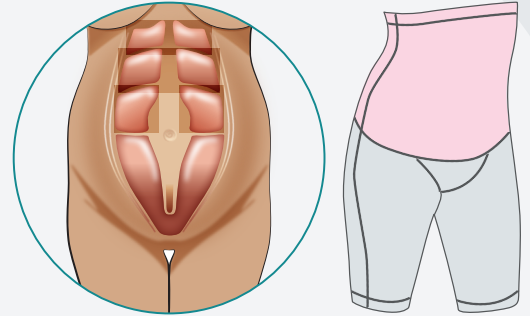
Conclusion

Wearing SRC Recovery Shorts produces muscle activity, higher muscle tone, elasticity and stiffness and provides constant pressure to the gusset area during activity and at rest.

Efficacy of SRC Recovery Shorts During Post Natal Healing

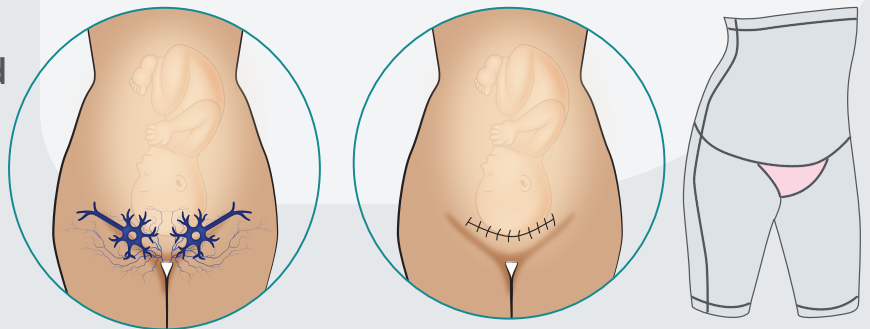
Abdominal Muscle Separation (DRAM)

- Independent lab testing demonstrates that SRC Recovery Shorts provide low continuous compression and stimulate muscle activity, even during rest, decreasing inter rectus abdominus distance and increasing its thickness at rest.
- Constant gentle muscle stimulation leads to faster healing by decreasing muscle separation post birth.
- 24 hour use is recommended.



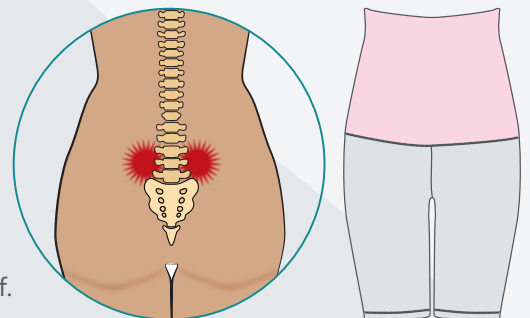
Vulval Veins/Perineal Tears/ Stitches and C-Section Wound

- Independent lab testing has shown that the gusset panel provides pressure to the entire area that it covers during activity and at rest.
- Vulval Veins: The continuous gentle compression to the area provides pressure and pain relief.
- Perineal Tears / Stitches: The continuous gentle compression to the area decreases swelling and pain.
- C-Section Wounds: The continuous gentle compression to the area decreases swelling and pain.



Back Pain and Stability After Pregnancy / Back Pain

- Shown in independent lab testing while wearing the SRC Recovery Shorts* that abdominal, back and thigh muscles have greater muscle tone, elasticity and stiffness which delivers better stability to the trunk.
- Improved stability and muscle activation assists with back pain relief.
- Core stability can be enhanced by the muscle activation properties of our garments.



*Findings are also applicable to the SRC SurgiHeal Women's Shorts