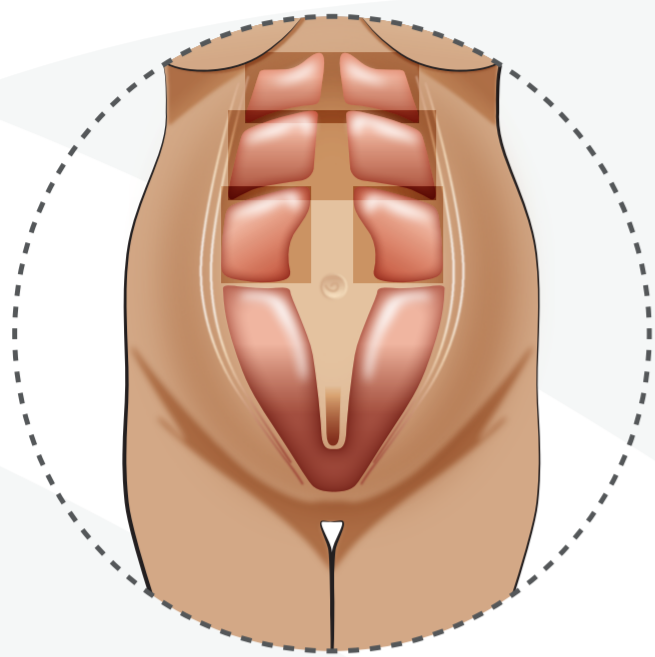


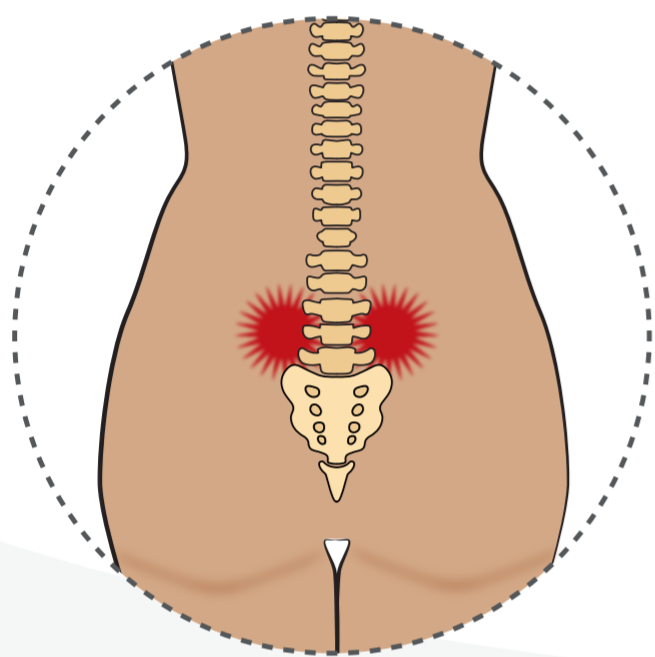
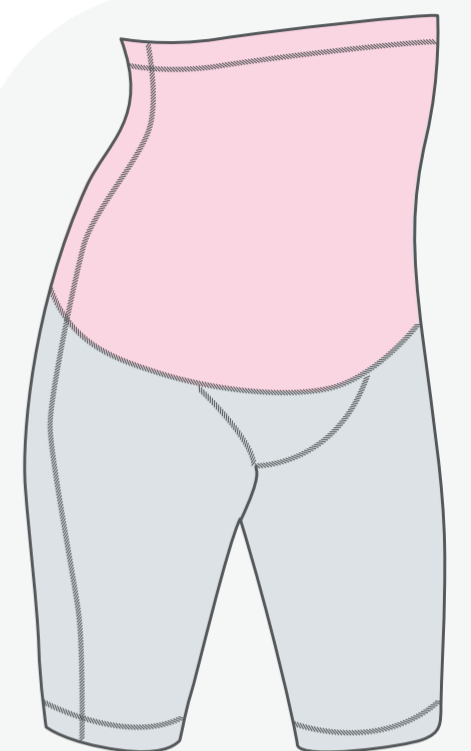
Fast Track Your Recovery After Pregnancy



53% of women suffer from Diastasis Rectus Abdominus Muscle (DRAM) postpartum and **36%** of those remain abnormally wide after 5-7 weeks.¹

Two things help close this gap, specific exercise as prescribed by your Women's Health Physiotherapist is a must, combined with gentle compression to the abdominal muscles.

Top front panel supports the upper and lower abdomen stimulating your muscles to be constantly active, decreasing inter rectus distance.²

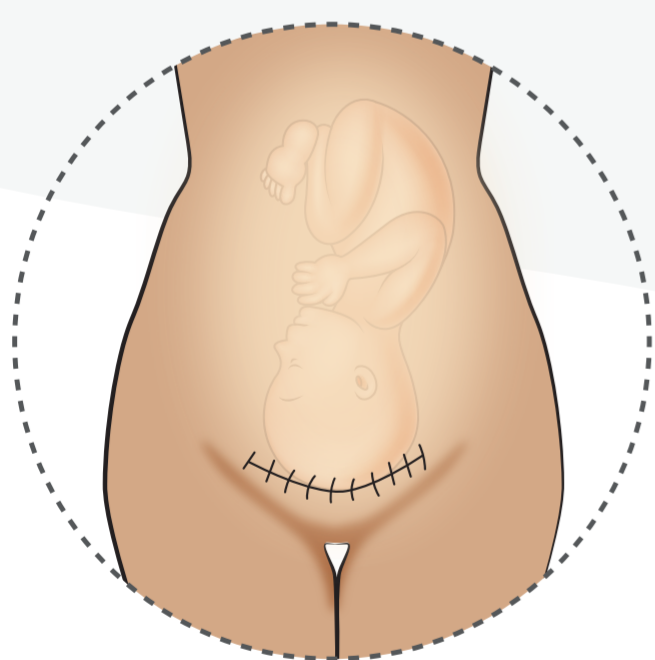
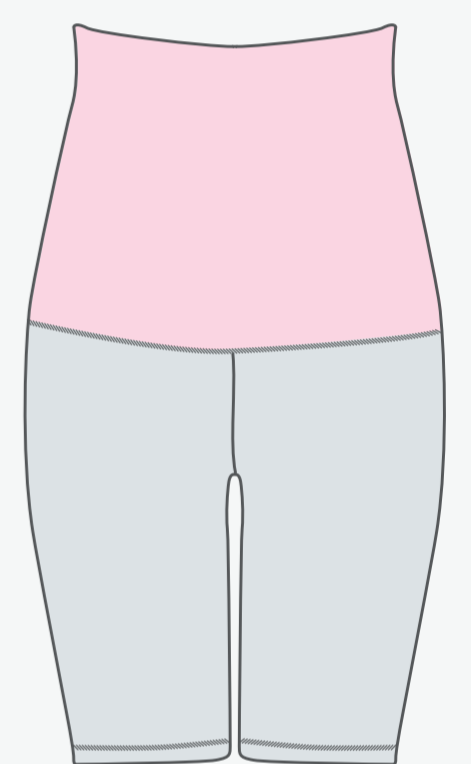


50% of women suffer from Low Back Pain in the first few months after having a baby.³

DRAM and the adverse effects of the hormones Relaxin and Progesterone, coupled with the physical demands of parenthood can make caring for your baby more difficult.

Specific exercises, postural awareness, a compression garment and correct lifting techniques all play an important part in alleviating Low Back Pain.

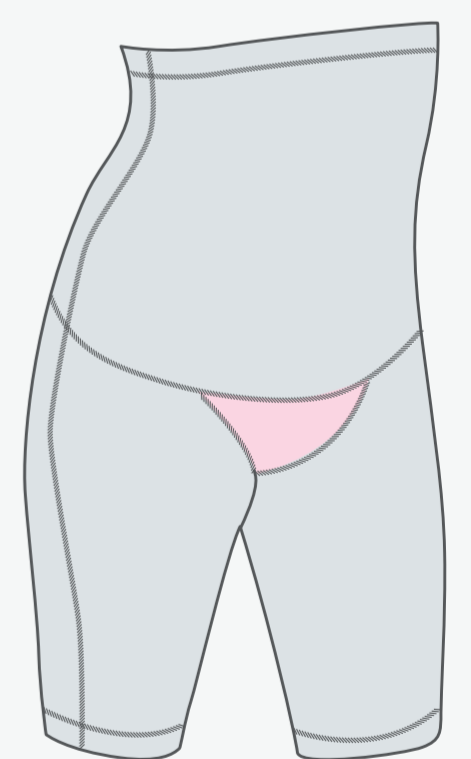
Back panel has 2 layers to support upper and lower back, reducing pain, improving mobility and stability.²



32% of women in Australia deliver by C-Section.⁴
85% of women sustain Perineal Trauma after a vaginal birth and **60-70%** have stitches.⁵

Difficulty with walking and getting in and out of bed are common. Healing and mobility are accelerated with Rest, Ice and Compression to these wounds.

The lower front panel or gusset has a double layer providing constant gentle compression to swollen and sutured areas.²



Ask your Healthcare Professional about SRC Recovery Shorts and Leggings
Health Fund Rebates Available⁶
srchealth.com

References: 1. Spitznagel T, Leong F, Van Dillen L, Int. Urogyn J. 2007 Vol 18(3):321-328. 2. Antonio I Cuesta-Vargas Cátedra de Fisioterapia, Universidad de Málaga, Andalucía, Spain. June 2017. In lab. testing SRC Recovery Shorts N° 8.0615.87.4707. 3. Dr Anil Kumar Joshi et al, International Journal of Therapies and Rehabilitation Research 2016, 5: 4 | doi: 10.5455/ijtrr.000000139. 4. Cochrane Database. 5. Sleep J, et al BMJ 1984; 289:587-690. 6. Please check your individual health fund for eligibility and to confirm specific requirements.