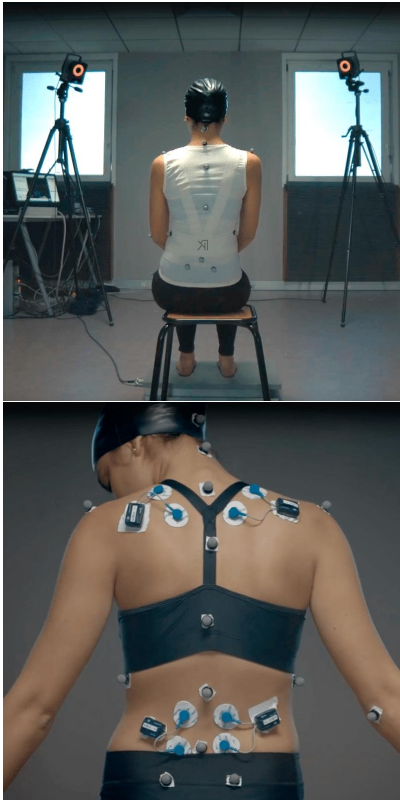


A SUCCESSFUL YEAR-LONG STUDY



The goal of this study was to analyze and demonstrate the effects of Percko undershirts on posture, including how the muscles that help us maintain good posture react as well as how the body behaves while in a sitting and standing position.

THE PROBLEM OF BAD POSTURE

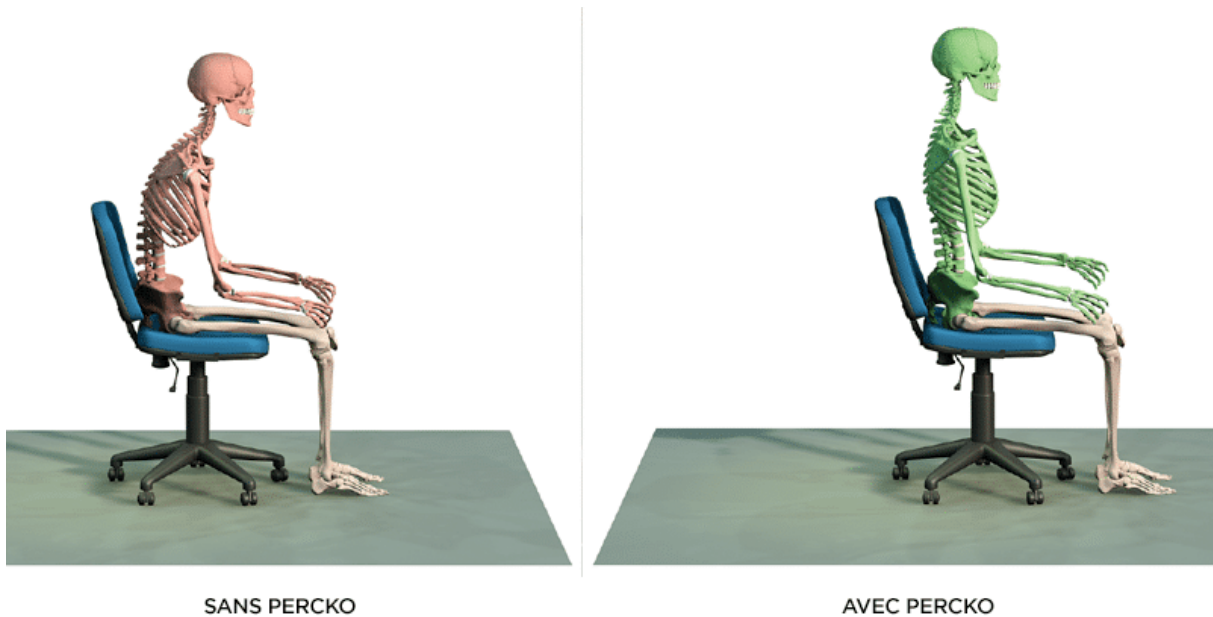
In a purely mechanical sense bad posture occurs when the upper part of your body is in a more forward position than the lower part of your body – in other words, you are hunched over. This Quasimodo type position can place extra strain on your back, causing pain to the trapezius muscles (the flat triangle-shaped muscles that extend from your neck, down along the spine to the middle of the back) and the erector spinae muscles and tendons in the lower back. The goal of the Percko undershirt is therefore to realign the body, pushing the chest into a position over the pelvis to either eliminate or ease any back pains that might be caused by bad posture.

THE TEST

Each test was conducted both with and without the Percko undershirt so that we could study the difference between those two case studies. The subjects were fitted with 18 retroreflective

capteurs and filmed with Vicon video cameras. The capteurs were positioned in way that enabled us to identify the pelvic region, chest, head, arms, forearms and to follow the external spinal curve. They were also fitted with 2 EMG electrodes which enabled us to measure the electronic activity on the nerves and muscles that are attached to the erector spinae i.e. the muscles responsible for our posture.

PROVEN RESULTS



The results of the study proved that subjects wearing the Percko t-shirt had a much improved posture whether they were standing or sitting, specifically with regard the positioning of the position of the pelvis i.e. the pelvis in a slightly forward position compared to the chest. In terms of the the effects on the spine, the head's center of gravity is further back on the subject's wearing Percko undershirts while maintaining a slightly forward position compared to the shoulders. This gravitational alignment places much less strain on the spine by helping to open up the chest, placing less strain on the diaphragm which also improves the subject's ability to breath.

EXPERTS RECOMMEND PERCKO



Doctor François Stevignon

Physiotherapist and Osteopath

We use our back all day long without thinking about it and it's when we're not thinking about it that we forget to think about our posture.

Percko makes sure that you have an ideal posture alignment all day long.



Julian Nenninger

Osteopath D.O

The Percko undershirt is especially useful for patients who are suffering from back pain caused by poor body mechanics.

It doesn't force you into a certain position but reminds and stimulates which then helps patients develop the muscles in their backs and provide a long-term solution to their problems. It's a great way to compliment traditional therapies such as physiotherapy and osteopathy.



Pol Le Borgne

Doctor in biomechanics

Percko undershirts improve your posture by automatically realigning the head, chest and pelvis. It helps to give your spine that natural curve and increases the stability and efficiency of your back by at least 35%.