

Technical Data Sheet: AbdoShirt

Who are we?

At Exo Mouv, we believe that well-being comes through movement, self-awareness, and simple, innovative solutions.

We create adaptive and functional clothing, designed to support your body throughout the day—whether at work, during physical activity, or simply in search of comfort.

Our products help you move freely while relieving discomfort.

Exo'Mouv's Commitment

- **Innovation:** We focus on developing unique, patented products, demonstrating our commitment to innovation and quality.
- **Well-being:** Our products are designed to integrate seamlessly into daily life, helping users stay active and maintain good health.

Professional Technical Sheet: AbdoShirt

1. Introduction

AbdoShirt is an innovation developed by Exo'Mouv, combining thermotherapy and cryotherapy with an ergonomic design that functions like a second skin.

This patented product offers a versatile solution for relieving abdominal and back pain, improving comfort and health for users in all circumstances.

2. Design and Manufacturing

- **French Design:** The AbdoShirt's design was developed in France, reflecting French innovation and expertise in technical textiles. Its symmetrical design allows versatile use, making it easy to position the heat pack for back or abdominal pain relief as needed.
- **European Manufacturing:** The product is made in Portugal, ensuring high-quality production that meets European sustainability standards. Local manufacturing reinforces our commitment to short supply chains, reducing the carbon footprint of logistics and supporting the European economy.
- **Societal Impact:** The heat pack used with the AbdoShirt is filled with organic wheat grains and produced in Lens within a sheltered workshop (ESAT). By prioritizing local and inclusive suppliers for materials and production, we not only support local employment and social integration but also minimize our environmental impact.
- **Responsible Sourcing:** We prioritize local and short supply chains at every stage, from design to distribution. This approach is an integral part of our corporate social responsibility (CSR) strategy, aiming to reduce our ecological footprint while fostering economic and social development in our communities.

3. Technology, Benefits, and Therapeutic Applications

- **Thermotherapy:**
 - **Pain relief:** Heat helps relax muscles and improve circulation.
 - **Increased blood flow:** Heat dilates blood vessels, increasing oxygen and nutrient supply while aiding in the removal of cellular waste, accelerating tissue healing.

- Reduction of joint stiffness: Heat helps loosen and lubricate joints, improving mobility—especially beneficial for arthritis.
- Muscle relaxation: Heat reduces spasms and tension by relaxing muscle fibers.
- Analgesic effect: Like cold, heat reduces pain perception by acting on pain receptors and limiting signal transmission to the brain.
- Improved flexibility: Heat makes tissues more pliable, facilitating stretching of muscles and connective tissues, useful before exercise to prevent injuries.

Thermotherapy is widely used for chronic pain (arthritis, chronic back pain), post-exercise recovery, and relaxation.

- Cryotherapy:

Cold reduces inflammation through vasoconstriction and numbs pain.

Cryotherapy is widely used for pain relief, especially for:

- Reducing inflammation and swelling.
- Slowing nerve conduction to decrease pain perception.
- Reducing muscle spasms and tension.
- Providing a natural numbing effect.

It is often recommended for acute injuries (sprains, bruises, post-surgery) and as part of the RICE protocol (Rest, Ice, Compression, Elevation).

- Therapeutic Applications:

The AbdoShirt provides effective relief for:

- Abdominal pain: Soothes cramps and discomfort from various abdominal conditions.
- Low back pain: Supports and relieves pain in the lumbar region, improving posture and reducing tension.
- Inflammatory pain: Cold reduces inflammation (injuries, arthritis), while heat relaxes inflamed areas.
- Gynecological pain: Effective for relieving menstrual or pelvic pain through heat application.
- Intestinal pain: Heat therapy relaxes smooth intestinal muscles, easing spasms and pain.
- Muscle tension: Reduces stiffness and fatigue.
- Cramps: Improves circulation and relaxes tight muscles.
- Sports recovery: Accelerates recovery post-exercise by reducing inflammation and improving circulation.

- Modular Design:

The AbdoShirt includes an integrated compartment for easy insertion of the heat pack, allowing targeted and effective application.

- Second-Skin T-Shirt:

- Ergonomic Support: Designed for comfortable support while promoting posture, essential for preventing chronic pain.

- Freedom of Movement: Highly flexible materials ensure full freedom of movement, ideal for everyday use.

- Scientific Validation:

- Expert Committee: Each AbdoShirt is validated by a committee of chiropractors, physiotherapists, ergonomists, doctors, and elite athletes, ensuring maximum effectiveness and user-centered design.

- Research and Development: Continuously improved through feedback and clinical studies to meet the highest standards of health and well-being.

- Products are tested in medical and hospital centers.

- How to Use the AbdoShirt?

The AbdoShirt's seamless and symmetrical design provides flexible use.

The heat pack pocket can be positioned at the front (abdomen) or back (lumbar), depending on user needs.

Steps for effective use:

1. Heating: Place the heat pack in the microwave, following instructions and adjusting time based on your appliance. Test temperature before use to avoid burns.

2. Cooling: Place the heat pack in the freezer for at least 4 hours before use. Insert at front or back depending on desired effect.

3. Care: Machine wash at 30°C, air dry only (no tumble drying).

This modular, symmetrical design makes the AbdoShirt highly adaptable, providing personalized pain relief for abdominal and back discomfort.

The Designers of Exo'Mouv

- Magali: An ergonomist with expertise in risk prevention and well-being, passionate about creating innovative solutions to improve quality of life.

- Romain: A textile engineer specializing in advanced materials to develop high-performance, durable products.

The AbdoShirt by Exo'Mouv is a functional medical garment, providing pain relief through proven methods and daily support with its innovative design.

It offers a complete and effective solution for users' physical well-being.

Available Sizes:

The AbdoShirt is available in four sizes. It is unisex, suitable for both men and women.