

Bellybra beats backache



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Press Release Author: [Fertile Mind](#)

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Press Release Summary: Sam Lee from www.6minutes.com.au – Interesting stuff for doctors today reports on a support garment helps pregnant women who get low back pain.



Press Release Body: Pregnant women who want to avoid lower back pain could do worse than get themselves a **BellyBra**, new research suggests. **The BellyBra** is a nylon-spandex garment that looks something like a camisole. It has a one-way stretch panel across the thoracolumbar region, designed to provide support and improve posture. It also contains a wide elastic band that sits below the abdomen, supporting the uterus and keeping weight off the pelvis. A

study of 115 women in the third trimester showed that the **BellyBra** reduced pain scores more during sleeping, getting up and walking than did a control treatment with the more commonly used tubigrip. **"The BellyBra and tubigrip were both associated with a reduction in the severity of pregnancy-related low back pain,"** Melbourne University researchers write in the British Journal of Obstetrics and Gynaecology on Nov 12th. **"The BellyBra was more effective than tubigrip, however, in alleviating the impact of pain on a number of physical activities that constitute daily life,"** they note. The **BellyBra** is available from stockists all over Australia – for full listing refer to www.fertilemind.com.au.

Web Site: <http://www.fertilemind.com.au>

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