

Sister Lilian Report

Seamless Maternity Support Band

The Carriwell Maternity Support Band has been tested by leading midwife Sister Lilian and has been found to dramatically reduce ligament pain, back ache and abdominal pressure during pregnancy.

An expectant mom's mid-section is extremely prone to aches and pains during pregnancy, and these are as many and varied in nature as the woman herself. The reasons for this discomfort include increased progesterone levels, changing posture and centre of gravity, increased weight, baby's movements, pressing on nerves by baby, deficient iron and calcium levels, baby inadvertently and repetitively kicking against a specific area and in some, a lower pain threshold.

Increased progesterone levels are however often the single most likely associated cause. This hormone sustains pregnancy in the early weeks and months and is produced in abundance by the developing placenta. It softens ligaments and smooth muscle tissue in the body, ensuring that giving birth is easier as the pelvic bones can separate more readily than would otherwise be the case, when a woman's time comes.

Posture tends to slump when ligaments relax and the mom-to-be's centre of gravity changes, increasing frontal discomfort as well as leading to backache. The sciatic nerve may also be pinched in the lower back, resulting in numbness and burning pain in buttock, leg and feet.

Wearing a Maternity Support Band is an excellent way of supporting all the tissues of the affected area that trigger the pain, ensuring that you can continue to be active and enjoy pregnancy to the full. The support band covers the whole abdomen, successfully relieving back, abdominal and lower pelvic pain. Less downward pressure is consequently brought to bear on the groin area in the second half of pregnancy, while firm but gentle support allows the mom-to-be to enjoy her growing 'bump' much more, with far less twinges, pinching and burning pain gripping her mid-section at the most inconvenient of times. Backache is lessened as the garment helps correct posture due to the clever design and supportive fibers of the fabric. The garment allows extra stretch over the 'preggy bump' and offers firmer support below and to the sides.

When lying down at night becomes uncomfortable, wearing the Maternity Support Band is one of the best ways of making it bearable. Choose the Carriwell Adjustable Support Belt to help for two very specific areas of discomfort, namely the lower pelvic area under the preggy 'bump' and directly over the lower spine. However, if twinges and aches are more extensive, this maternity support band would be the ideal therapeutic garment to use. It is flexible and stretches with the body's natural movements. The fabric does not roll or twist into uncomfortable cords, and so blood circulation is free and nerves are not pinched. The soft breathable fabric allows air circulation, ensuring maximum comfort.

Walking and other forms of exercise like swimming and dancing are excellent for overall strength, posture and muscle tone and use of the band enables women to be more active.

Supporting naturally, the band lifts and supports the abdomen and transfers the weight evenly to your spine... naturally.