

## Pregnancy Support Band White Paper

With pregnancy quickly comes an expanding belly, to support the health of a growing bundle of joy. In fact, a mother's body transformation is often the main focus for the 9 months as the pregnancy progresses. The bliss and excitement of a healthy pregnancy may overshadow that it's common for expecting mothers to experience back pain, hip and pelvic pain, abdominal discomfort, instability, and more. All of which may affect an expecting mother's quality of life, ability to maintain their daily routines, and exercise.

However, expectant mothers can quickly find relief, comfort, and stability with the use of a pregnancy support band to relieve pressure under the weight of their growing baby. Pregnancy support bands which may be available through insurance should be made available to all mothers in order to ease pain and stability issues during their 9-month journey.

### How Pregnancy Affects The Body

Back pain is considered a normal part of 80% of pregnancies, often starting around 20 weeks and continuing through delivery. Another source of pain and cramping can come from your hips and pelvis as they support the weight of the growing baby and prepare for delivery. Shifting centers of gravity, extra weight, and more throw off mothers' balance and the sort of start to waddle, stumble, and may even fall thanks to multiple different causes.

The following issues are the most common causes of pregnancy-related pain:

**Posture** - Weight is primarily carried in the uterus and supported by the abdomen and pelvic floor. As the baby and uterus grow, they pull the abdomen forward and often the curvature of the lower spine increases in response to the pull of the abdomen. This is known as lordosis of pregnancy and can lead to back pain and discomfort. This may also cause the shoulders to be pulled forward and may cause women to be more prone to falling

All of the extra weight and stress placed on pelvis due to the expanding uterus and growing baby weaken the pelvic muscles. This causes stabilization to become difficult and may lead to urinary incontinence.

**Sacroiliac Joint (SI)** - The Sacroiliac Joint is located where the sacrum, a triangular bone at the base of the spine, connects to the ilium, the upper part of the hip bone. As the hormone relaxin increases during pregnancy, it relaxes the connective tissues that join these two bones and the joint loses stability. Coupled with the increased curvature of the spine, this joint can not absorb impact and stabilize the pelvis, like it is intended to do, which leads to nerve, back, and pelvic pains.

**Round Ligament Pain** - The round ligaments run from the uterus to the groin and become stretched as the uterus expands resulting in a dull lingering ache that usually begins in the

second trimester. Speaking of that expanding uterus, it can put more pressure on your two sciatic nerves that run from your lower back to your feet causing pain, numbness, and tingling in your lower body. This usually occurs in the second and third trimester.

**Diastasis Recti** - The rectus abdominis, more commonly known as the abs stretch from the sternum to the pubic bone. Ab muscles act as a girdle to support the core but naturally stretch apart as the uterus grows to accommodate a growing baby. This separation weakens this muscle set and makes them unable to fully do the job of supporting a woman's core. The additional workload is passed on to the back, which compensates for the weakened abdominal muscles. This can cause back and hip pain and make regular activities to become more difficult and painful.

### **Women Can't Push Pause**

Common solutions to many of these painful conditions involve bed rest, but for most pregnant mothers, that's not an option. They still have to go to work, watch their older children, exercise, and more. So how can they stay on their feet?

### **How To Alleviate Pregnancy Pain**

There are actually a variety of ways for pregnant women to relieve pain with a few simple lifestyle adjustments. They don't have to suffer or miss out on their daily routine as baby prepares to arrive.

- Exercises that strengthen the hips and core can be a good way to relieve pain and help the core support the extra weight of a growing baby. Exercising can also help strengthen stretched muscles and ligaments to reduce back and hip pain.
- There are also a variety of different sleeping positions to reduce the amount of pain and pressure on the lower back and hips. Pillows can be used to support their abdomen and upper legs.
- Expectant and postpartum mothers can use a Motif pregnancy support band to reduce pain and pressure during normal daily activities to help mothers feel stronger. Motif belly bands are comprised of soft, durable fabric with an ergonomic shape for a better fit. They are wrapped around the waist to give the body and growing belly much needed support and connect via velcro straps to fit a variety of shapes and sizes. Two internal strays provide structure to the brace and the elastic straps can be easily adjusted to preferred levels of support, increase lift, and enhance the stability of the abdomen to help moms feel prepared to take on their regular daily activities. Maternity support bands provide gentle compression to help the body's muscles and ligaments take on extra weight, stabilize the joints, and promote better posture. Plus, the outer mesh layer is laminated to the softer inner structure for increased breathability, keeping moms cool and

comfortable. The PowerNet panels also increase stability and breathability for all-day relief.

- Expectant moms can also have their partner give them a gentle massage or massage sore areas themselves to relieve core and hip pain. Sometimes ice packs are effective for relieving pain and swelling as well.

These solutions, especially the use of a maternity support band, are all natural ways to relieve pregnancy pain. The Motif maternity support band is listed in the FDA database under Pregnancy Support Band; Sec. 890.3490 Lumbar Orthosis, meaning it complies with all FDA related regulations as a medical device to assist expectant and new mothers.