



THE SEROLA® BELT

Recommended by top health clinics

Sold in over 40 countries | Made in USA 

The only belt endorsed by the Women's Health Section of the American Physical Therapy Association
Recommended **DURING & AFTER** pregnancy

The #1 belt for supporting the Sacroiliac & Pubic Symphysis Joints

- Relieves lower back, hip, & leg pain
- Reduces hip size postpartum



Scan for Video



Serola Belt Instructions For Pregnancy & Postpartum

IMPROVES MOBILITY
maximizing independence

IMPROVES CORE STRENGTH
enhances posture

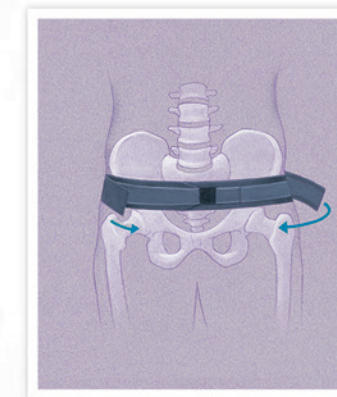
HELPS TIGHTEN & REDUCE
hip size post pregnancy



PROVIDES EASIER DELIVERY
when worn during pregnancy

Reduces pain &
INCREASES COMFORT 24/7

OVERALL WELLNESS
during pregnancy



Because constriction of the abdomen may alter blood flow in susceptible people, it is advisable to check your blood pressure with use of this or any other belt.

Washing: Hand wash only. Hot or cold water. Rinse well in cold water to remove soap residue from the small open cells in the foam. Line dry.

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FREQUENTLY ASKED QUESTIONS

Why is the Serola Belt much better at providing support for my lower back, hips, and legs than a band that goes around the belly or a lumbar belt?

The Serola Belt is much better at providing support than a band that goes around the belly or a lumbar belt because it is designed to support the sacroiliac (SI) joint which is the biomechanical center of motion and shock absorption in the body. The Serola Belt is worn low and snug around the hips as opposed to the belly or lumbar area. Like the foundation of a house, the SI joint is the musculoskeletal foundation of the body. By supporting that foundation, the whole body becomes stronger and the muscles have more endurance with less pain.

Does the Serola Belt help relieve pain?

When the SI joint is loose, especially during pregnancy, many of the muscles in the trunk, pelvis and upper legs tighten to help support the SI joint. As a result, the circulation to the muscles is reduced, less oxygen and nutrition reaches the muscles and less metabolic waste is removed. The consequence is pain and poor posture.

Does wearing the Serola belt cause muscle weakness or atrophy?

A larger belt worn on the belly does the work of the stomach and back muscles, which causes them to become flaccid and weak – use it or lose it. This is why lumbar belts, which are identical in purpose, are being phased out from the workplace. Because the Serola Belt is worn low and snug around the hips supporting the sacroiliac and pubic symphysis joints and away from the stomach and back muscles, the Serola Belt does not cause muscle weakness or atrophy, and can be worn as often as needed, even 24/7. The Serola Belt works like an external ligament, so the muscles relax and actually work better because they don't have to tighten to support the SI joint; the more you wear it, the better the muscles work.

Can the Serola Belt be worn while exercising or doing yoga?

The Serola Belt should be worn while performing any activity that involves bending, lifting, or twisting. Exercising and yoga can be very stressful on



the SI joint. Wearing the Serola Belt during these activities ensures that the SI joint is protected. This enables you to achieve the benefits from exercise and yoga while significantly reducing the likelihood of causing strain and injury to the SI joint.

Will wearing the Serola Belt really help to reduce my hip size post partum?

The importance of wearing the Serola Belt during and, especially after pregnancy cannot be overemphasized. During pregnancy, the ligaments, under hormonal influences, become lax and stretch to allow the pelvis to spread for delivery. A couple of millimeters of spread at the SI joint translates into several inches of spread at the hips. It is important to hold the sacroiliac and pubic symphysis joints firmly together after delivery in order to assist the ligaments in shortening, narrowing, and realigning the pelvis properly.

What is the difference between muscles and ligaments?

Ligaments hold bones together and the muscles move the bones. When the hips spread, it is because the ligaments have weakened. As a result, the muscles contract to try to hold the joint together, but are not effective. On the other hand, compressing a joint gives slack to the ligament, so the ligament adapts and shortens to fill the narrower gap; this is how the pelvis narrows back toward its original measurements.

Can the Serola Belt be worn while sleeping?

Tossing and turning while sleeping can be very stressful on the SI joint and can cause discomfort or even contribute to interrupted sleep patterns. Wearing the Serola Belt during sleep can enhance comfort and significantly improve the quality of sleep. If you awake feeling sore and tight, the Serola Belt will help. You will sleep better and wake up with less pain and stiffness.

What sizes does the Serola Belt come in?

The Serola Belt comes in four standard sizes plus custom sizes which can be ordered directly from Serola Biomechanics for a small additional charge.

The four standard sizes are based on hip measurement (not waist measurement).

- 1 Small: 30 - 34 inch hip
- 2 Medium: 34 - 40 inch hip
- 3 Large: 40 - 46 inch hip
- 4 Xlarge: 46 - 52 inch hip

Custom Sizes: smaller than 30 inches or larger than 52 inches

How do you measure yourself for the proper belt size?

While standing, raise one leg slightly off the ground. You will notice a crease right where the leg meets the pelvis (hip area). The belt is worn just above this leg crease. This is where you will measure. Make sure that the tape measure is pulled snugly against the body to get a proper measurement. Scan the QR code above for more information.

What if I am between sizes or my hips are growing in size as I advance during my pregnancy?

The Serola Extender can be easily attached to any Serola Belt and quickly adds up to an extra 8 inches of length. The Serola Extender can be purchased for a nominal price and enables the user to save money by only purchasing one belt instead of two separate belts as they grow in size during pregnancy, or if they are in between sizes.

Is the Serola Belt worn under or over clothing?

The Serola Belt has been engineered to provide maximum support and comfort in a low profile and lightweight design. Therefore, the choice to wear the Serola Belt under or over clothing is based strictly on user preference. The belt is just as effective either way.

Scan for Video



Serola Belt Instructions
For Pregnancy & Postpartum

What material is the Serola Belt made of?

The Serola Belt is comprised of two layers. The first layer is a non-elastic layer that is very similar to neoprene but breathable and hypoallergenic. It is soft, comfortable and non-slip. This layer is pulled snug and is fastened first as it provides the majority of support. The second layer is an elastic layer comprised of two elastic pull straps which are fastened second after the first layer is pulled snug. This layer provides additional compression and resilience and is tightened according to personal preference and comfort.

Is the Serola Belt covered by insurance?

The Serola Belt is approved for insurance reimbursement under code: L0621. However, coverage can vary. Therefore, it may or may not be covered based on your policy. Please check with your insurance provider for exact coverage.

Does the Serola Belt help with pubic symphysis separation?

Pubic symphysis separation is a common occurrence in the later stages of pregnancy as levels of the hormone, relaxin, increase throughout the body closer to delivery. The Serola Belt is the best belt on the market that can be used for both SI joint support as well as pubic symphysis support. Simply push the Serola Belt one to three inches farther down onto the top part of the leg bones (trochanters) until the proper support is felt. Where it feels best is where it works best.

How can I purchase a Serola Belt or where can I find out more about the Serola Belt and the effects of pregnancy on the sacroiliac and pubic symphysis joints?

Please visit www.Serola.net/Pregnancy or call 800.624.0008. We would be happy to answer any additional questions you may have!



UPPER POSITION



Belt placement when worn for Sacroiliac Joint support.

LOWER POSITION



Belt placement when worn for pubic symphysis support.

SEROLA BELT EXTENDER

The optional Serola Belt Extender adds an additional 8 In. of length to the Serola Belt. The extender can be purchased at www.Serola.net

