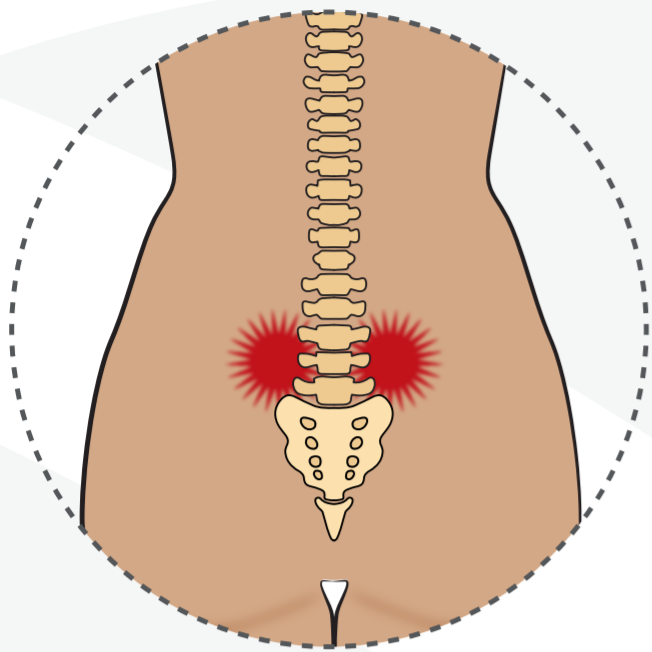


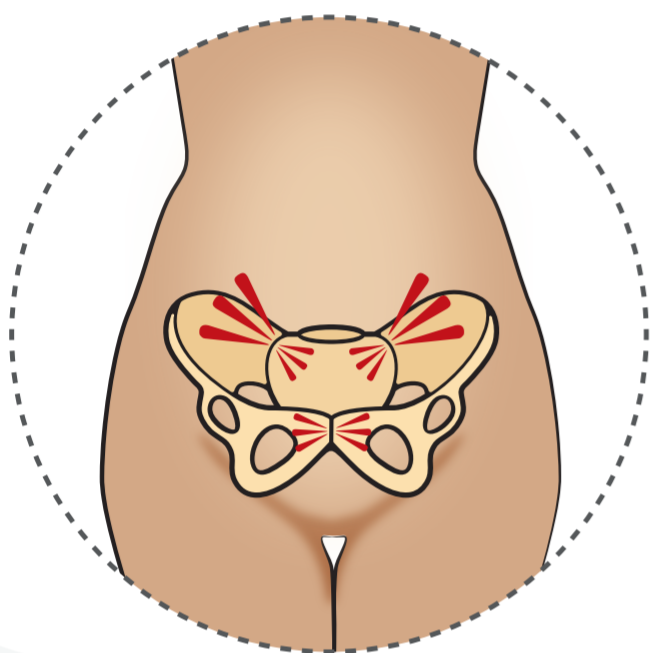
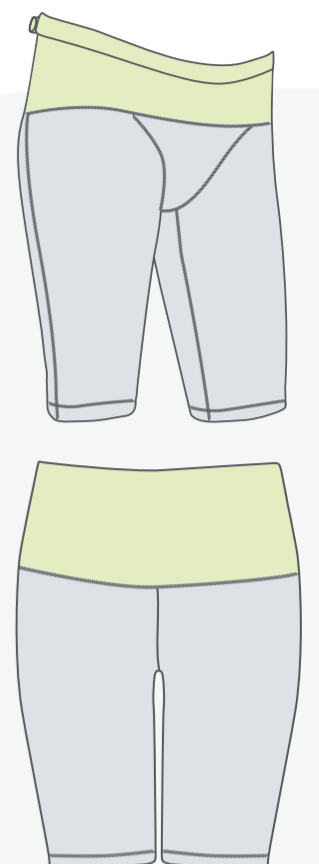
# Pain Relief During Pregnancy



Approximately **50% of women** experience **Low Back Pain** during pregnancy.<sup>1</sup>

Exercises, postural awareness, a compression garment and correct lifting techniques all play an important part in alleviating Low Back Pain.

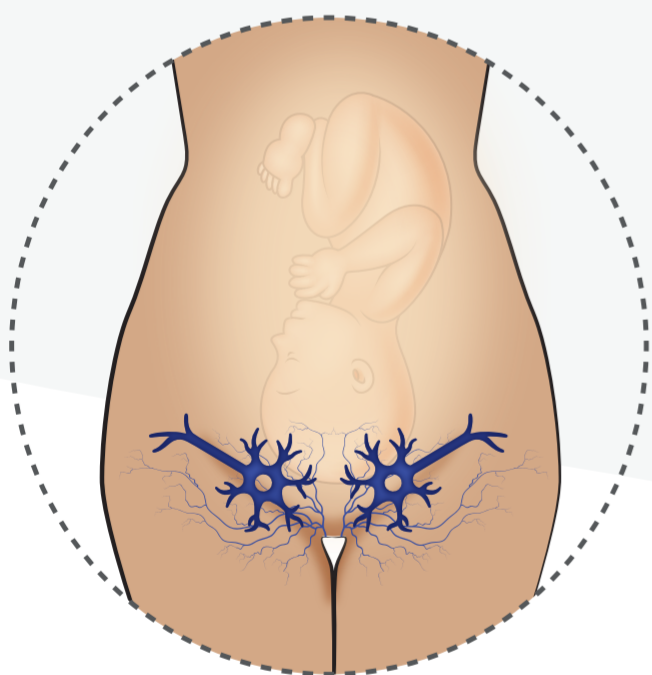
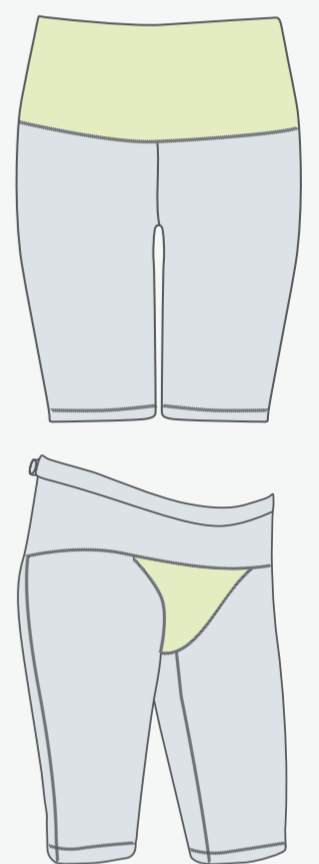
The triple layer panel which is cut in different planes provides **True Cross Compression (TCC)**, continuously supporting the lower back and protecting the pregnant tummy.



**45% of women** experience **Pelvic Girdle Pain, SIJ and Pubic Bone Pain** during pregnancy.<sup>2,3</sup>

Tailored exercises and a treatment plan as prescribed by your Women's Health Physiotherapist combined with a gentle compression garment is recommended.

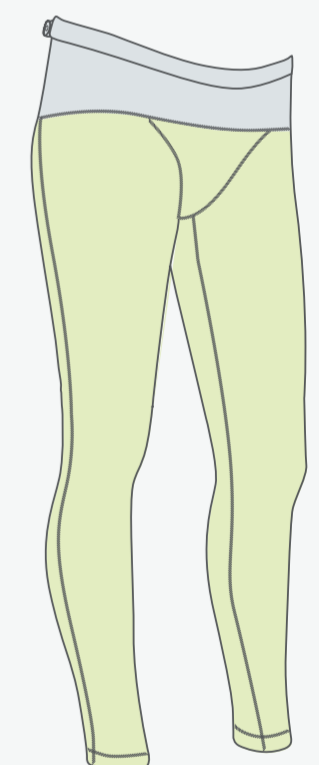
The triple layer TCC panel across the back provides continuous support to the sacroiliac joints and the gusset panel delivers continuous gentle compression to the pubic bone area.



**Varicose Veins of the legs** are reported to affect up to **70% of pregnant women**<sup>4</sup> and **Vulval Veins** are seen in **4%**.<sup>5</sup>

Rest, with low impact exercise, leg elevation and compression hosiery prescribed to the severity of the varicose veins can be coupled with a graduated compression legging.

The uniquely shaped gusset panel sits up and into the perineum, providing continuous gentle compression to the symphysis pubis and the vulval area reducing pressure and pain. The graduated compression in the legging provides better venous returns.



Ask your Healthcare Professional about SRC Pregnancy Shorts and Leggings  
Health Fund Rebates Available<sup>6</sup>  
[srchealth.com](http://srchealth.com)

References: 1. Bastiaanssen, de Bie, Bastiaenen, Essed, & van den Brandt, 2005; Vleeming et al., 2008; Wu et al., 2004. 2. BMJ v.331(7511); Jul 30, 2005. 3. Antenatal Care – Clinical Guideline (NICE). 4. Newton de Barros Junior et al. J. Vasc. Bras. vol.9 no.2 Porto Alegre June 2010. 5. Bell D, Kane PB, Liang S, Conway C, Tornos C. Int. J Gynecol. Pathol. 2007 Jan;26(1):99-101. 6. Please check your individual health fund for eligibility and to confirm specific requirements.