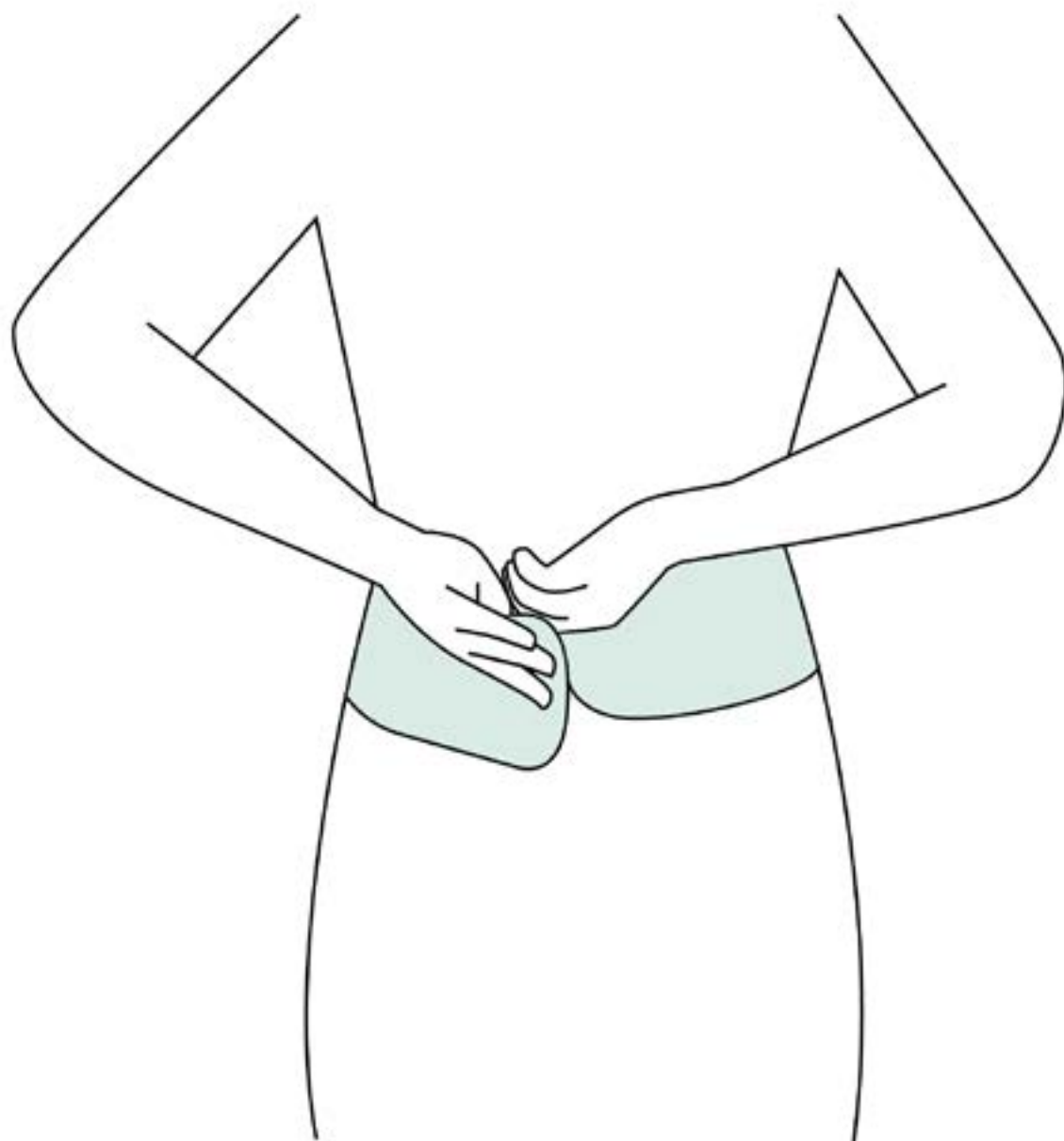
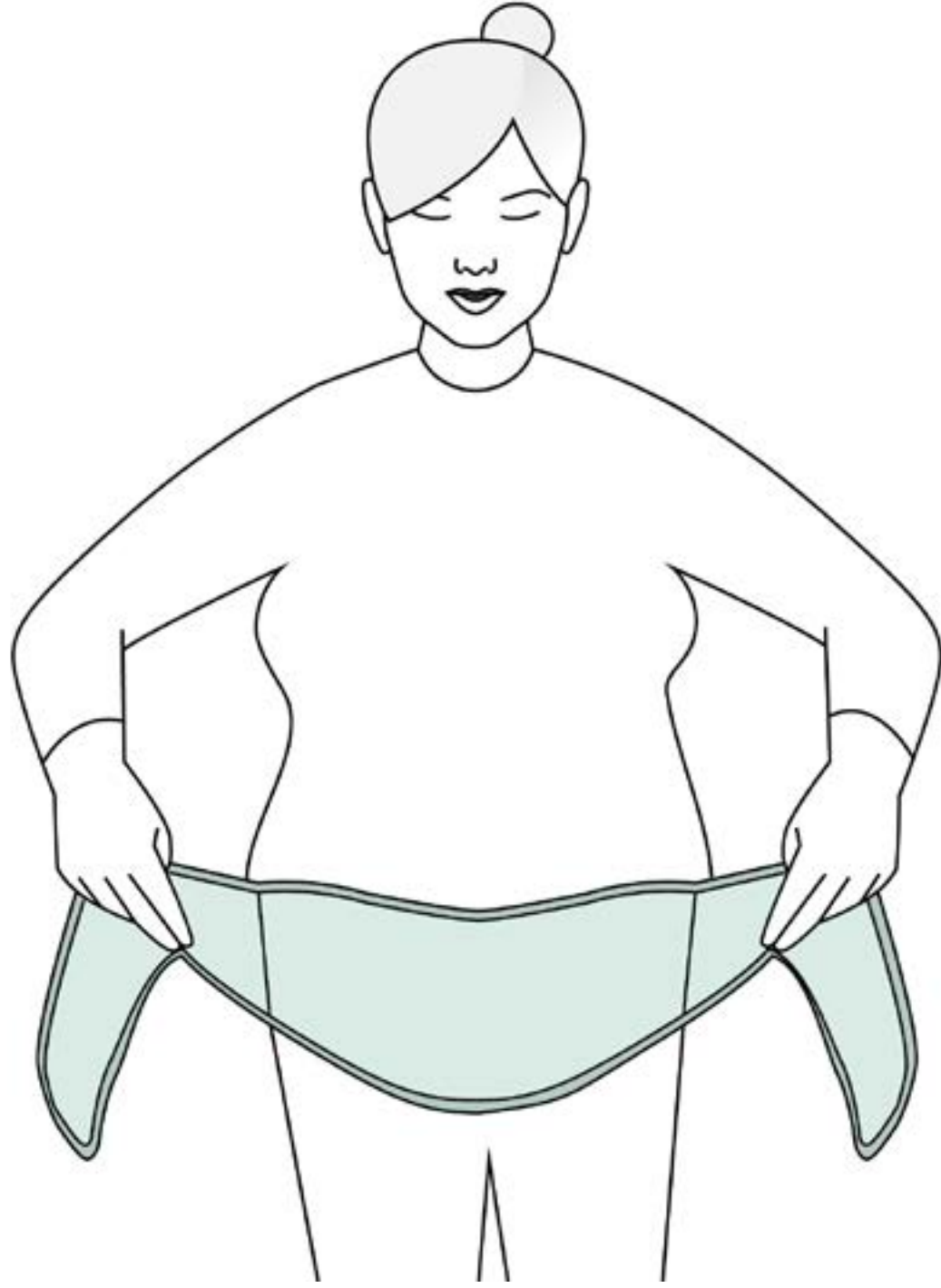
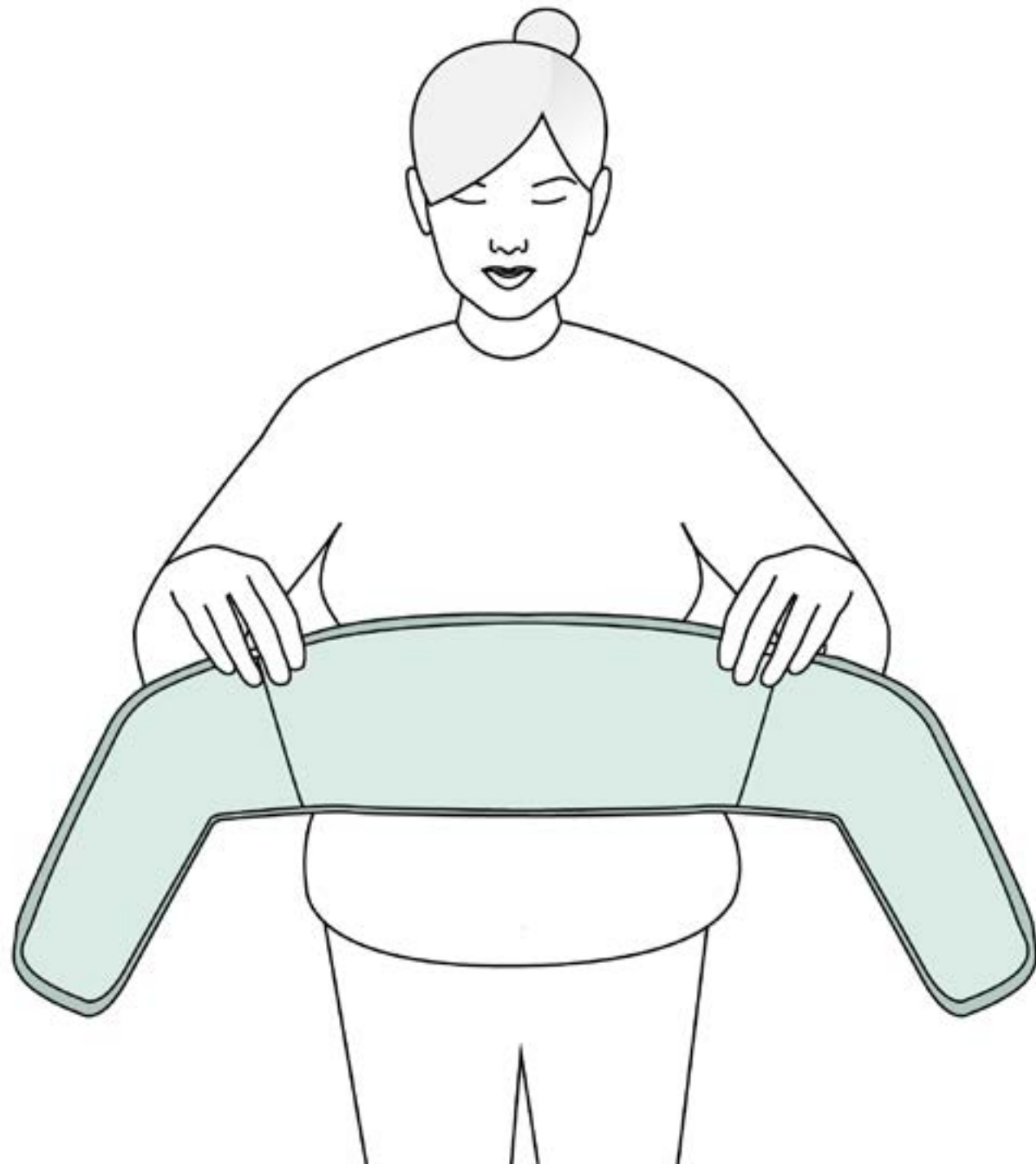




koala
babycare

koala belly band

instruction manual



Introducing Koala Belly Band

Koala Belly Band is the pregnancy band that ensures your days are as light as can be. Slip it on with ease and say farewell to being weighed down by your bump! You can carry on doing whatever you want comfortably, without the heaviness.

It hugs your bump without restricting it, providing you with a sense of support and security. It supports the weight of your bump, so you can walk around effortlessly and feel at ease as you go about your day.

It distributes weight evenly over your pelvis, spine, and pelvic floor, reducing discomfort and alleviating back pain.

It can be used throughout the whole of pregnancy, and easily adjusts as your bump grows. It adapts to the progressive shift of the centre of gravity which occurs as your womb expands during pregnancy.

Introducing Koala Belly Band

Koala Belly Band is simple and intuitive to use:

- 1) **Undo the Velcro fastening at the end of the band.**
- 2) **Place the band across the lower part of the abdomen,** above your pubic bone area.
- 3) **Fasten the Velcro at the back** so that the band supports your bump, lifting it without compressing it.

The band should adhere evenly to your body, lifting your bump upwards, but without causing any restriction. When wearing it, you should feel comfortable and fully at ease, without any discomfort or sense of compression. If necessary, reposition the band by loosening it slightly. The additional piece supplied allows the band to adapt to any body size: it can be added to the main band if needed. **The Belly Band can be used over or underneath clothing. We recommend that you always ensure there is cotton fabric between your skin and the band,** e.g. underwear or a vest.

Benefits of Koala Belly Band

Koala maternity belt evenly distributes weight across the pelvis, spine and pelvic floor areas and lifts your bump upwards, without compressing it. What benefits does this bring?

- Provides an instant sense of lightness by reducing the weight of your bump on your pelvis and lower back area.
- Corrects posture.
- Facilitates daily activities, making walking easier.
- Offers a sense of security and emotional support.
- Hugs the baby from the outside, making them feel protected, and preparing them for babywearing.

What the experts say

These guidelines have been written in conjunction with Dr. Ambra Garretto, specialised in Gynaecology, and Chiara Folcini, Midwife and Pelvic Trainer.

Healthcare professionals, as well as women, they both assist mums-to-be (albeit from different perspectives) throughout their maternity journey: starting from pregnancy right through to postpartum, with clinic visits, consultations, and classes.

What are the benefits of using a pregnancy support band?

During pregnancy, a woman undergoes slow and progressive changes in her centre of gravity as her womb expands. This may cause lower back pain, sciatica, pubalgia (pelvic pain), frequent urination due to excess pressure on her bladder or difficulty walking around with her growing bump.

A pregnancy belly band is advised for all of these conditions as it evenly redistributes weight across the pelvis area, spine, and pelvic floor.

Even pregnant women who aren't suffering from any of these conditions can benefit from a pregnancy band, as it helps bear the excess weight from your pregnancy bump, making you feel more comfortable and at ease.

What are the main benefits of a maternity belt? It makes you feel instantly lighter, instead of your pelvis and lower back having to bear all the weight of your growing belly.

In addition, it lifts your baby bump upwards slightly, providing a sense of support. It also corrects a woman's posture (in the short term).

However, we recommend following guidance from a healthcare professional pregnancy specialist.

Does using a pregnancy belly band bring emotional benefits too?

A pregnancy support band embraces your baby from the outside, offering a snug embrace which your unborn baby can perceive from inside the womb, preparing them for babywearing.

It also offers mums-to-be a sense of security and support, including on an emotional level, in carrying out their daily activities.

How many hours a day can I use it?

here is no specific indication on the numbers of hours you can wear it per day, it depends on your level of physical activity each day and the benefits it brings to each individual woman. As a general guideline, half a day or when upright on your feet is about right.

A belly band should only be used during the day and never at night or when lying or sitting down. It's excellent for when you are actively walking or when you are standing still for a period of time without much movement of your lower limbs.

Remember it's important for pregnant women to alternate between walking and lying down.

Can a support band replace abdominal muscles during pregnancy?

During pregnancy, the abdominal muscles physiologically tend to relax to make room for the growing uterus. The belly band supports and assists the gradual change occurring in a woman's body.

However, during the period immediately post childbirth, it's important not to use a belly band or support belt as they would replace the abdominal muscles, thus not aiding the recovery of pelvic floor muscles.

Are there specific exercises to work abdominal muscles?

When pregnant, it's important to do physical activity that involves the whole body, especially stretching, and not targeted abdomen strengthening exercises.

What do various experts (gynaecologist, midwife, osteopath...) think about it?

There are various healthcare professionals who contribute to a pregnant woman's well-being, health and symptomatology throughout pregnancy, and these experts can also offer guidance when an expectant woman experiences pain and discomfort which may warrant the use of a belly support band.

Usually, initial advice should be sought from your Doctor (gynaecologist) who will work with pelvic floor specialists such as a midwife, physiotherapist, or trained nurse and osteopath who specialize in maternity. They should all agree unanimously on their recommendation for use of a support belt, providing clear guidance.

Remember that in the presence of pregnancy related conditions, such as lower back pain, sciatica, and pubalgia, it's important to perform the right type of physical activity, where approved by a doctor, as well as stretching.

Are there counter-indications (e.g., specific cases of diseases or health conditions) when use of a pregnancy belly band is not recommended?

Our advice is to always consult your doctor or midwife. The use of a maternity band itself has no counter-indications unless positioned incorrectly, thus creating pressure inwardly and consequently on your pelvic floor muscles. It is not recommended that you use the band when sitting or lying down or at night when sleeping.

Are there any counter-indications or downsides of using a belly band?

Some women may not feel comfortable using a belly support band, and others may be intolerant to the fabric. For maximum comfort, we always recommend wearing a garment of clothing between your bare skin and the band itself.



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help@koalababycare.com