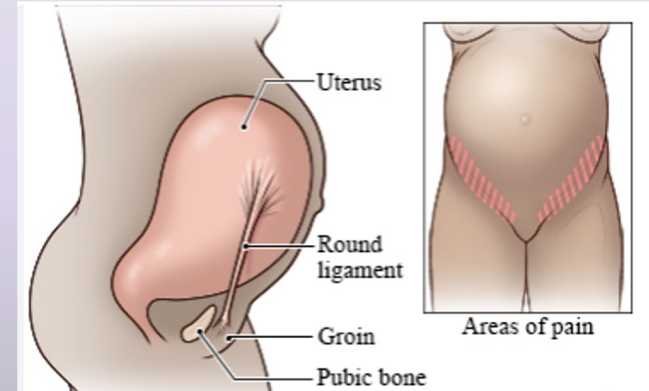


What is Round Ligament Pain?

- ❖ The Round Ligament is a vital structure within the female reproductive system located near the groin area. There are two round ligaments in the female pelvis, one on each side.
- ❖ Uterus and round ligament pain are frequent occurrences during pregnancy and are part of the body's natural adaptation to the changes that are taking place
- ❖ The pain is typically described as a sharp, stabbing, or shooting pain on one or both sides of the lower abdomen and it often occurs when changing positions or during sudden movements.



How can HEALI Bump help?

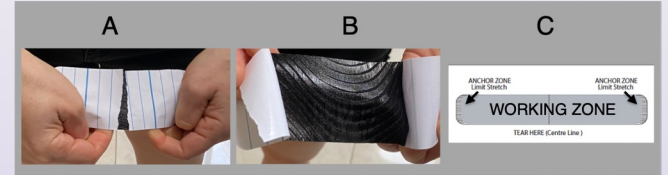
- ❖ Wearing Heali Bump Tape can provide some relief by helping to distribute the weight of your growing uterus more evenly and changing the weight distribution

What do you need?

- ❖ Prepped skin that has been cleaned with water or alcohol to get rid of oil or residue
- ❖ 1 Strip of HEALI tape

How to Tape

Tear the center of the paper backing and slowly peel back the paper



Apply your strip of Heali Bump Tape across the inguinal canal (as seen in image)

