



Fertile Mind Belly Bra Clinical Trial Proven To Be Helpful To Pregnant Women

Clinical Trial on Belly Bra has significant reductions on back pain when, sitting down, walking and working.

For Immediate Release

SEAFORTH, Australia/EWORLDWIRE/June 22, 2006 --- According to orthopedic surgeon Harry Lockstadt from Spine Universe between 50 and 80 percent of women will experience back pain in a pregnancy. The results of a clinical trial by Melbourne University and the Royal Women's Hospital in Melbourne will be of great interest to more than 120,000 women who'll give birth in Australia this year.

The trial found that BellyBra, a support garment for the third trimester, the last 10 weeks of pregnancy significantly decreased back pain when sleeping, sitting, getting up from a sitting position, walking and working. "It does show that BellyBra decreases pain severity particularly in those areas that have to do with activity," says Dr Louise Kornman who co-coordinated the trial.

Sarah Kalus, an advanced medical science student from Melbourne University who conducted much of the trial stated that 115 women took part and about half wore the BellyBra and the other half wore a control elasticized bandage. Seventy-eight percent of those wearing BellyBra said their overall impression of the treatment was "helpful or very helpful." The study also showed fewer women resorted to painkillers when wearing the BellyBra than those in the control group. The results of the trial are being collated for publication but Sarah Kalus's summary can be viewed. BellyBras are available at selected maternity and baby stores as well as physiotherapists and obstetricians.

According to Lockstadt from Spine Universe (www.spineuniverse.com) every second pregnant woman will experience back pain during the last trimester, the final ten weeks of her pregnancy. "It is believed that hormones cause change at the insertion point of ligaments to the bone. A higher concentration of ligaments in the lower spine may suggest the cause for a higher incidence of back pain in the second or third time mother who has had more exposure to hormonal influences," says Lockstadt.

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