

Did you know...

two out of three women suffer lower back and hip pain in the last trimester of pregnancy?

What causes back pain?

When pregnant, your abdominal muscles stretch to accommodate your growing baby in your expanding womb and the extra weight puts your lower back at risk of pain from overstretched muscles. This causes a decrease in the normal ability to maintain good posture to support your back.

What causes hip pain?

The concentration of the hormone relaxin increases 10 times during pregnancy to help your hip joints to “relax” and give room for your baby to be delivered. Relaxin can also affect other joints in your body which may cause inflammation and pain.

Being informed empowers you

You can better prevent uncomfortable back and hip pain during pregnancy by supporting your abdominal muscles and hips.*

The QualiMaternity support belt gives you a helping hand to make you feel more comfortable, particularly in the last trimester and until your baby arrives.

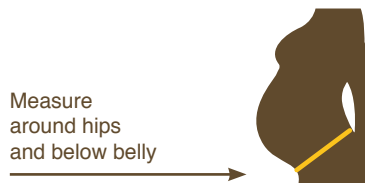


* Carr, C. A. (2003), Use of a Maternity Support Binder for Relief of Pregnancy-Related Back Pain. Journal of Obstetric, Gynecologic, & Neonatal Nursing, 32: 495–502.

* Damen L , Spoor CW, Snijders CJ, Stam HJ. Does a pelvic belt influence sacroiliac joint laxity? Clin Biomech (Bristol, Avon). 2002 Aug;17(7):495-8.

QualiMaternity 10 cm width		
For body height below 170 cm		
Description	CM	Order code
Small	55-85 cm	QM10S
Medium	85-115 cm	QM10M
Large	115-145 cm	QM10L

QualiMaternity 16 cm width		
For body height above 170 cm		
Description	CM	Order code
Small	55-85 cm	QM16S
Medium	85-115 cm	QM16M
Large	115-145 cm	QM16L



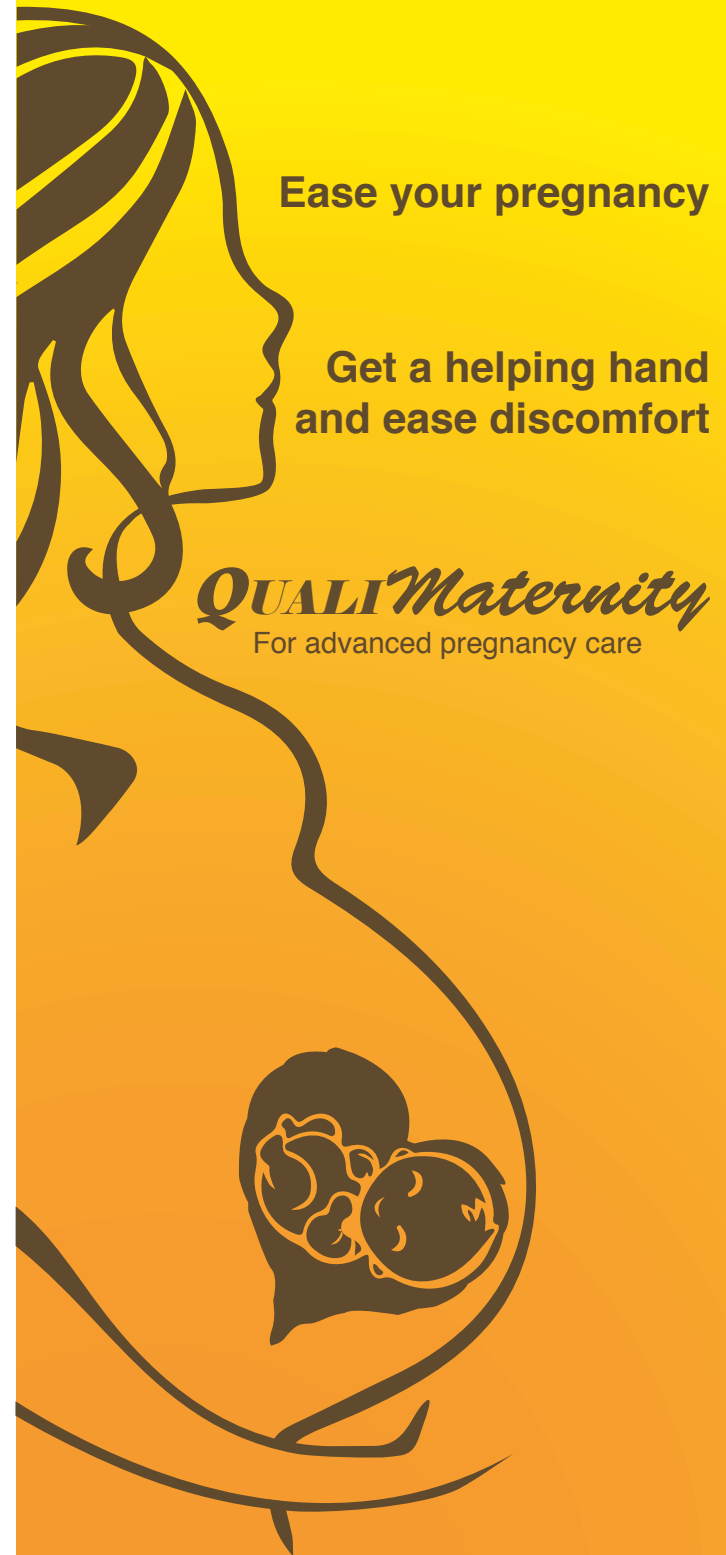
QualiMaternity does not contain natural rubber latex (no NRL).
Supplied single packed with Instructions for Use.
Washing and care: QualiMaternity is washable at 30°C.
Do not tumble dry.

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Ease your pregnancy

Get a helping hand and ease discomfort

QUALIMaternity
For advanced pregnancy care

Why should I use the QualiMaternity support belt?

QualiMaternity gives you a helping hand to ease discomfort during pregnancy from back and hip pain. Also, if you continue to work or stand on your feet for hours you will appreciate the relief QualiMaternity can provide. It is also a great help if you have gained excess weight, or are expecting twins or more.

How long should I use the QualiMaternity?

We recommend you wear the QualiMaternity in the second and third trimester for a few hours per day. This prevents your abdominal muscles from becoming too dependent on the extra support. We also advise you to discuss the use of the maternity belt with your gynecologist, midwife, and/or other medical professionals, particularly if you have any health related issues.

A few simple steps to make you more comfortable while awaiting the birth of your baby:

Maximize breathing practices and strengthen your abdominal muscles through exercise.

Minimize activities that cause stress on your lower back and hips.

Support your abdominal muscles and hips by using an efficient maternity support.



QUALIMaternity
For advanced pregnancy care

WHAT QUALIMATERNITY CAN DO FOR YOU:

The QualiMaternity support belt is designed to support your back and lift your abdomen in the second and third trimester of pregnancy. It helps to relieve back pain and to improve your posture and comfort.

Relieve back pain and improve posture

QualiMaternity supports your back, which improves your posture. Better posture allows you to attain healthier breathing. It also gives you greater comfort while exercising and when you have to stand for a long time.

Prevent pelvic instability and separation of the pubic joint

QualiMaternity supports your back and hips, which stabilizes your pelvis. Such stabilization may help to decrease Pelvic Girdle Pain (PGP) and prevent separation of the pubic joint.

Reduce pressure on the bladder and improve blood circulation

QualiMaternity helps to carry the weight of your baby by gently lifting your belly. The lift reduces pressure on your bladder, which can cause incontinence. It also improves blood circulation, which may prevent varicose veins and swelling of the legs.

Reduce or prevent stretch marks

Supporting your abdominal muscles helps to keep your muscles and ligaments from overstretching which may possibly prevent the formation of stretch marks.



Wide-ranging, adjustable Velcro closure

Easy to adjust and to achieve a perfect fit for your personal comfort. Use QualiMaternity discreetly under your clothes directly on your skin. This avoids the need to remove it when using the restroom.



Ultralight, soft and ventilated material

The material is specially selected for its defined elasticity of 100% +/-10% that ensures a firm, comfortable lift and support with no seams to irritate the skin.