

GROOVI-PRODUCTS

Groovi-Maternity-SI-Belt



Excellent results with:

- Pregnancy related back and pelvic pain, during and after pregnancy
- Lumbo-pelvic instability and / or pain
- Enhanced Load Transfer
- A core stabilisation exercise and / or rehab programme
- Support after abdominal surgery, and lumbar spine surgery

Instructions for use:



Step 1

Step 2

Step 3

Step 4

Step 5

Step 1: Apply the basic positional strap fairly low, below the 2 pelvic bones at the front (the anterior superior iliac spines)

Step 2: At the back the strap must be just on or below the two pelvic dimples at the back (the posterior superior iliac spines)

Step 3: Attach the velcro onto the basic positional strap in the centre of the pelvis laterally.

Step 4: Pull forwards to attach the strap anteriorly.

Step 5: Pull backwards to to attach that portion of the velcro strap to the basic positional strap posteriorly, or your therapist will position this for you.

Sizing Chart:

S	M	L	XL
110cm (43.3")	110cm - 120cm (43.3" - 47.2")	120cm - 130 cm (47.2" - 51.2")	130cm - 150cm (51.2" - 59.1")