Pregnancy Support Garment

Omnia Elsaid Niazy,
Fashion Designer
Dr. Khalid Mahmoud Abdu AL shikh
A. Professor, Ready made garments Department, faculty of Applied Arts, Helwan University.

Dr. Shahira Hefny
Lecturer, Ready made garments Department, faculty of Applied Arts, Helwan University.

Abstract:
Low back pain (LBP) is among the most common conditions for which general patients seek medical care. Eight of every ten people experience LBP at some point in their lives. 10-25% of women with chronic LBP reported the first symptom of back pain during pregnancy. During pregnancy, LBP is by far the most common musculoskeletal problem affecting women. Approximately 50% to 80% of pregnant women complain of some form of low back pain, pregnancy-related low back pain (PLBP) and/or pregnancy-related pelvic girdle pain (PPP). The pain symptoms often interfere with work, daily activities, and sleep. A US study of 950 pregnant women showed that a support belt was one of the five alternative treatments most frequently recommended by prenatal healthcare providers. Recent studies have shown that the pelvic support belt provides a stabilization effect to the lumbopelvic structures. Causes of low Back pain during pregnancy related to low back pain; Hormonal Changes, Hyperlordosis, Muscle insufficiency. Pregnancy support garment refers to a kind of undergarment that is designed to alleviate pain in the lumbar back and/or pelvic regions during gestation or postnatal period, it is also called maternity support garment. They can be categorized into four main types: belts, briefs, cradles and torso supports. The use of a support binder for pregnancy-related low back pain is a promising intervention and was well-accepted by the Pregnant females. Pregnancy support garments are commercially-available and cost in the range of US $20-$150. Although not scientifically substantiated, a large number of manufacturers have suggested the health benefits of various types of maternity support garments. These benefits include the reduction of fatigue, pressure, stress and strain of the back, the prevention and/or the relief of back pain, and the correction of posture. Among the four types of maternity support garments, the belts are most common as there are plenty of patents for the belt designs. The maternity support belts are also known as pelvic/ sacral/ sacroiliac/ trochanteric supports or belts, binders or braces. Pregnancy support belts of different styles and materials (non-elastic, semi-elastic, elastic) are commonly used in studies for the treatment of PLBP and/or PPP. Research goals: 1 - Study the physical problems that occur on the body of the pregnant woman (abdomen and spine), especially the last three months of pregnancy and show the causes. 2 - Studying the latest developments in pregnancy support garment, their types, advantages and disadvantages of each type. 3 - Awareness pregnant women about the importance of pregnancy support garment which used to treat the back pain and pelvis pain. Results: This study examined the latest developments of design and production of pregnancy support garment and presented the latest scientific research on the psychological problems, body image and physical changes facing pregnant woman, especially in the last three months of pregnancy such as low back pain, pelvis pain and trying to reduce pain with pregnancy support garment, especially with the risk of curing this problem with medical drugs in that period which have a negative effects on mother and fetus health.

Keywords:
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