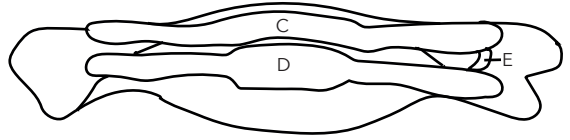
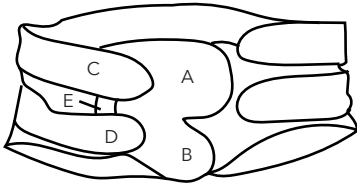
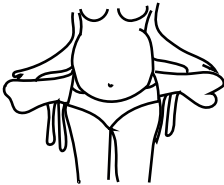


Active Mama Pelvic Support Belt: model & function

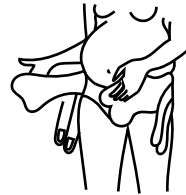


- A. Upper front fastening tab
- B. Lower front fastening tab
- C. Upper strap providing lower back support
- D. Lower strap with pad at rear covering rear hip joints
- E. Strap with finger-holds

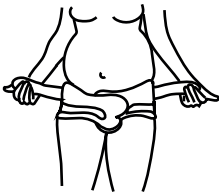
How to put on the Active Mama Pelvic Support Belt



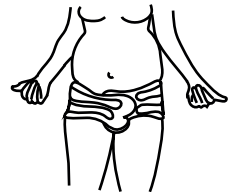
1. Hold both ends of the belt and position it so that it covers the widest section of your hips and sits below your navel.



2. Place the front left-hand fastening tab under the centre of your belly. Slide your fingers into the finger-holds in the strap located in the right-hand fastening tab and press it against your stomach to fasten it.



3. Next, take both straps and pull together and evenly around your hips to the front. Fasten them using the Velcro tabs.



4. Check that the belt is positioned correctly.



5. The rear pad must be positioned over your rear pelvic bone (sacrum) to stabilise your rear pelvic joints.