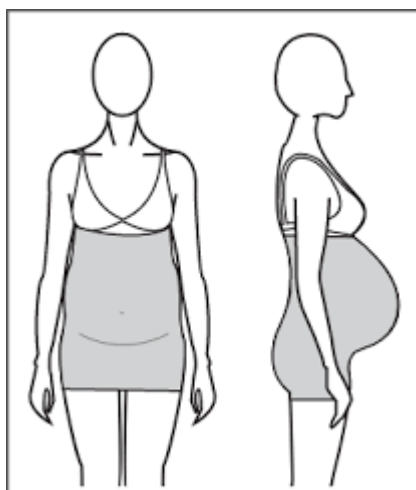


Pelvic Health Physiotherapy Instructions for use of Tubigrip for Pregnancy Related Pelvic Girdle Pain

You have been issued a piece of Tubigrip by your Physiotherapist, to help support your pelvis and bump and to help with your pain.

How to put on:

1. Sit down and pull it up like a pair of pants in a single layer so it sits at the top of your bump.
2. Pull the bottom end up and over the bump so you are now wearing a double layer. Have the bottom end around your hips at the widest point.
3. You can also quadruple the band over and wear it low around your pelvis for more direct pubic symphysis and sacroiliac joint support.



This video may also be useful to watch.

<https://www.youtube.com/watch?v=9yAbCR2ua0Q>

If you have any questions about wearing the tubigrip, please call your Physiotherapist on 0300 131 4770.

Please remove if you have any itching or reaction to the fabric or if it feels too restrictive/uncomfortable. This product contains latex so please don't use if you have an allergy.

Don't wear the tubigrip when sleeping. You can wear it when sitting but it will be most useful for when you are moving around.

If the fabric loses its shape, rinse in cold water and hang to dry.

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4500 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:
Jo Aston **Pelvic Health Physiotherapist**

The directorate group that have agreed this patient information leaflet:
Jo Aston **Pelvic Health Physiotherapist**

Next review date: November 2023
Responsible clinician/author: Jo Aston **Pelvic Health Physiotherapist**

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