



People.Health.Care.

# Velpau® Materna

Supports an active pregnancy.



Orthosis for  
stabilisation of  
the lumbar spine  
during pregnancy



# Caring for today's pregnant woman

Your advice can enhance her active lifestyle.



**Women's roles have changed. Today, they juggle multiple roles and are committed to balancing all of them: careers, family, health and fitness, friends, and more.**

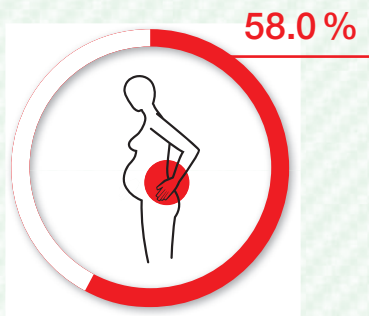
Each woman has her own individual approach, with her self-image based on her own unique mix of lifestyle roles, and she also has very individual ideas about life during pregnancy.

However she chooses to live her life, the modern pregnant woman wants to be independent and active until birth, whether it be pursuing her career, enjoying regular exercise, being an involved mum, or having a good time with friends and family.

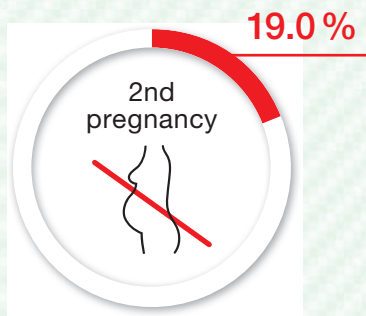
Don't let back pain get in the way of her enjoying every wonderful moment to the full. Introduce her to Velpeau Materna from Lohmann & Rauscher.

# Challenges pregnant women face

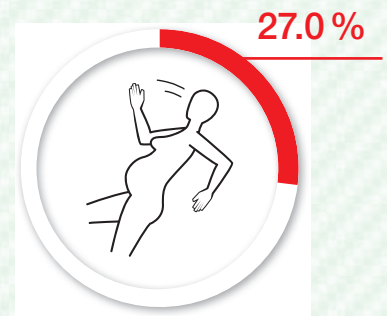
## Pregnancy is quite hard work.



Global prevalence of pregnancy-related back and pelvic pain is reported to range from 24.0% to 89.8%<sup>1,2</sup> with an average of **58.0%**.<sup>3,4</sup>



**19.0%** of women with severe lower back pain during their first pregnancy elected not to have another pregnancy due to their fear of the recurrence of lower back pain.<sup>5</sup>



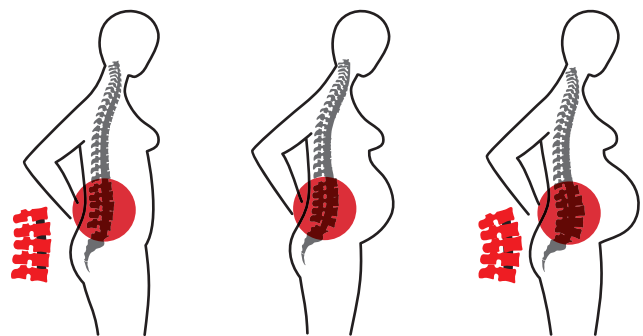
**27.0%** of pregnant women experienced a fall during their pregnancy and 2.5% missed work due to a fall. Prevention of falls would likely benefit both workers and employers.<sup>6</sup>

### Back pain can significantly affect the quality of life of pregnant women and their ability to cope with everyday activities.<sup>7-9</sup>

The extra weight of the baby and the hormonal changes that can cause laxity of joints and ligaments induce lumbar discomfort.<sup>8,10</sup>

Pregnant mothers habitually compensate positionally for the foetal load by extending the lower back and this naturally increases their lumbar lordosis.<sup>11</sup>

There is restriction of spinal movement in the lumbar region, and palpitation of the erector spinae muscles exacerbates pain.<sup>12</sup> Existing lumbar spine disorders increase the likelihood of the occurrence and intensity of back problems during pregnancy.<sup>13</sup>



Modified according to Whitcome et al.<sup>11</sup>

We invite you to assist pregnant women in managing these problems and to support them in enjoying a more comfortable and active pregnancy with two great solutions from Velpeau Materna.





# How an orthosis can help

## Show her there's more than one way to go.

It has been shown that the use of a maternity orthosis can lessen the effects of lower back pain on woman's lives.<sup>7</sup> Maternity support belts may also help prevent falls<sup>14</sup>, most likely by reducing the mobility, laxity, and sagittal rotation of the sacroiliac joints in a pregnant woman.

In the course of an active pregnancy, there are often postural disturbances and associated lumbalgia, especially between the fifth and seventh months.<sup>15</sup> Pregnancy orthoses can counteract pregnancy-related back problems.<sup>7,8,16,17</sup>

### In pregnancy-related lower back pain, orthoses are often used because:

- they stabilise the lumbar spine and/or sacroiliac joints.<sup>9,13,14</sup>
- they correct misaligned posture.
- they reduce mechanical loading.<sup>9</sup>
- women are likely to be wary of the alternative of taking even recommended medications during pregnancy.<sup>7</sup>



As pregnancy progresses, the increasing weight of the uterus can shift the body's centre of gravity and lead to excessive lumbar spine lordosis. The consequence is discomfort in the lumbar spine and pelvis.<sup>7,9,13</sup>



Pregnancy orthoses correct the malalignment and stabilise the lumbar spine.<sup>9,13</sup> The orthosis supports and helps carry the foetus.



# The safety of pregnant women

## Our top priority.

Both Velpeau Materna Classic and Comfort variants are designed with complete safety in mind, from the physical structure of the orthosis to the materials used. However, it remains vital to properly consider safety issues before recommending a lumbar support. Research points to the conclusion that the use of an abdominal-lumbar support does not affect the haemodynamics of the foetus.<sup>18</sup>

Beaty *et al.* (1999) assessed the effect of a mother-to-be maternity support belt, and no significant changes were found in the maternal blood pressure, cardiac outputs, foetal heart rate baseline or variability.<sup>18</sup> In addition, there is no conclusive scientific evidence to suggest that orthoses result in trunk muscle weakness.<sup>19</sup>





It also appears there is little reason to be concerned about muscular atrophy because it only occurs when a joint is fully immobilised.<sup>20</sup> A lumbosacral orthosis does not fully immobilise the lumbar spine, but instead only restricts gross movement.<sup>21</sup>



The bottom line is that a pregnancy orthosis can significantly reduce pain scores and lessen the effects of pregnancy-related lower back pain on women's lives.<sup>7</sup> An orthosis may also help prevent falls.<sup>14</sup>







# Why Velpeau® Materna may be your solution

## Let's take a closer look at the supporting evidence.

**Our orthosis for stabilisation of the lumbar spine during pregnancy is available in two variants:**

### 1. Velpeau Materna Classic



### 2. Velpeau Materna Comfort



The aim of wearing either of these is to relieve the lower back pain pregnant women often have to cope with. Velpeau Materna helps mothers-to-be carry the extra weight of their unborn baby by:

- stabilising the lumbar spine.
- easing their last months of pregnancy.

That's why both variants of Velpeau Materna help restore women to an active lifestyle, with reduced discomfort, even in the third trimester.

- Velpeau Materna is intended for non-specific pain in the lumbar spine and iliosacral region during pregnancy caused by incorrect loading or poor posture.
- Velpeau Materna stabilises the lumbar spine by supporting the abdominal and back musculature, providing relief for the back and support for the belly.
- Both orthoses also aim to improve impaired balance and reduce fall risk for pregnant women.

Recommend Velpeau Materna to the women in your care for the stabilisation of the lumbar spine during pregnancy.



# CLASSIC

## Appealing design

- flowers as female design elements
- anatomical shape

## Proven functional principle

- 4 integrated stays help stabilise the lumbar spine
- additional straps enable individual retrofitting
- breathable, moisture control material
- one adjustable size

## Simple handling

- easy to adjust additional straps
- closure system (hook-and-loop-fastener) is easy to use





# Two great ways to go

## Your patients benefit either way.



### Simple handling

- special shape of the front hook to ease application
- hand grip facilitates the application of the orthosis
- flattened area on the hand grip to ease opening of the hook-and-loop fastener



### Pleasant skin sensation

- soft material on the inner side of the belt for good wearing comfort
- borders designed to be soft
- not made with natural rubber latex
- breathable, moisture control material

### Appealing design

- modern, feminine design
- anatomical shape

### Proven functional principle

- 4 integrated stays help stabilise the lumbar spine
- stabilising effect of the orthosis can be adjusted using the integrated pulling elements
- additional straps enable individual retrofitting
- 4 sizes for an individual size coverage

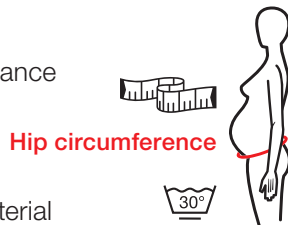
# COMFORT



# Velpeau® Materna Classic and Velpeau® Materna Comfort

## Orthoses for stabilisation of the lumbar spine during pregnancy.

- relieve for the back and support for the belly
- aimed at improving impaired balance
- good quality
- adjustable fit
- good wearing comfort
- breathable, moisture control material



### Velpeau® Materna Classic

Size	Hip circumference (cm)	REF	Shipping units (pcs.)
–	80–125	109 680	1/12

### Velpeau® Materna Comfort

Size	Hip circumference (cm)	REF	Shipping units (pcs.)
1	80–95	129 980	1/16
2	95–110	129 981	1/16
3	110–125	129 982	1/16
4	125–140	129 983	1/16

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