



# Benefits of Wearing A Post-Pregnancy Girdle



- Helps in fat reduction and improves postures
- Promotes back support

- Provides stability
- Helps in belly and thigh muscle toning



- Provides hip and lower back
- Helps in post-cesarean healing and recovery

- Helps in reducing postpartum pain and soreness
- Provides gentle compressions to the belly for a comfortable



## References

1. Postpartum Belly Wraps: Purpose, Types, Benefits & Risks; Cleveland Clinic
2. 6 Benefits of Belly Bands in Pregnancy; Sustainable Food Trade Association
3. Do I Need a Pregnancy Belly Band? The Health Care Authority of the City of Anniston