LATEX FREE

mother-to-be®

maternity support

How to be pregnant... and comfortable, too!

Virtually eliminates the • Back Pain • Leg Pain • Abdominal Pain common during pregnancy

P.R.* Mother-To-Be® Maternity Support

The original medical grade maternity support. Maximum support for women with strong symptoms, carrying multiples or pre-existing back conditions. Virtually eliminates low back, leg and abdominal pain common during pregnancy. The patented Mother-To-Be® is sized according to pre-pregnancy dress size and will fit throughout the entire term. It is available with or without the P.R.* Heat Moldable Insert. Order with the insert for maximum effectiveness or without for less severe cases.

Relieves Back Pain

Mother-To-Be® relieves strain on muscles and ligaments by transferring the weight of the abdomen to the spine where it can be carried naturally. Relief is immediate.

Relieves Abdominal Muscle and Leg Pain

Mother-To-Be® lifts and supports the abdomen, reducing pressure at the pelvis and improving circulation in the legs. Pressure on the sciatic nerve, if it occurs, is relieved and sciatica reduced within minutes.

Stabilizes The Pelvic Ring

The normal softening of ligaments during pregnancy can cause discomfort, often as SI pain. Mother-To-Be® gently compresses the pelvic ring, restoring its integrity and reducing pain.

The Abdominal Lift Pad

The large, cushioned Velcro® pad is contoured to provide lift with no undesirable abdominal compression. Once the two ends of the support are attached, the weight of the enlarging abdomen is transferred back to the spine. The relief is almost miraculous!

Clinically Proven . . . Safe and Effective.

The Mother-To-Be® Maternity Support from Scott Specialties, Inc., was designed and patented in the mid-1980's. Since then it has been used by physicians and therapists to bring comfort to tens of thousands of pregnant ladies. Still, people occasionally ask whether it is safe for a pregnant lady to wear support like Mother-To-Be®. By testing hemodynamics of the fetus and mother, the University of Oklahoma College of Medicine study showed what most physicians already knew - it is safe. Their study concluded:

"This elastic/Velcro® lumbar and abdominal support, available to relieve low backache, did not acutely affect the hemodynamics of the fetus and mother."

*If you would like to read the entire copyrighted study, it can be found in the Journal of Reproductive Medicine: 0024-7758/99/4412, pages 1007-1011. It is titled, "Low Backache During Pregnancy, Acute Hemodynamic Effects of a Lumbar Support" by C. M. Beaty, M.D.; V.J.Bhaktaram, M.D.; W.F. Rayburn, M.D.

"Each woman claimed that she felt more comfortable after being fitted with the support on the day of testing. Each woman, when questioned two weeks later, reported improvement in back discomfort while sitting and standing."

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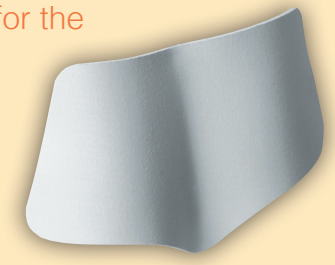
Combine Mother-To-Be® with the P.R.* Heat Moldable Insert for the maximum support and pain relief available anywhere.



P.R.* Heat Moldable Inserts
Our exclusive formula low temperature plastic molds directly to the skin, allowing a perfect mold and maximum support from a light 6 oz. unit. It fits easily into a pocket in the Mother-To-Be® support and relieves pain without immobilization, eliminating concerns of atrophy.

1. Putting The Abdominal Support Pad On
Place the abdominal support pad (ASP) in a lifting position under the abdomen. Fasten it in place by wrapping its strap around your body and touching the velcro hook to the ASP.

2. Position The ASP
You want the ASP as low under the abdomen as possible but not so low as to interfere with your legs when you walk or sit. Slide the ASP up slightly until it doesn't interfere with your legs when lifted as shown. The ASP is now positioned correctly.

3. Attaching The Belt
Grip the belt securely at both ends as shown. Stretch it forward and touch it to the ASP. You can adjust the tension and support you feel according to the amount you stretch the belt. To prevent skin irritation, be sure the velcro hook on the ends of the belt is entirely on the ASP and doesn't touch your skin.

4. Fasten The Upper Tummy Strap
For an extra sense of security, lightly stretch the tummy strap over and touch it to the velcro loop on the opposite side. The tummy strap is not essential but many prefer to have it. The choice to use it or remove it is yours.

5. Final Step
Lay on your back with your knees drawn up as shown. Release the ends of the belt, stretch it again, re-attach it to the ASP, and stand up. Your abdomen will now be suspended even better than before and you may find you get even greater relief, especially to your legs. If so, repeat this step each time you put on your Mother-To-Be®.

6. Mother-To-Be® Grows With Baby
Your Mother-To-Be® maternity support is now in place and you're ready to go! As you and your baby grow, Mother-To-Be® expands to accommodate by simply fastening further away from the center of the ASP.

With moldable insert -
Item # 0050
Without moldable insert -
Item # 0055

Dress Size Prior to Pregnancy	Size
3-8	SM
9-14	MD
15-18	LG
19-21	XL
22-26	2X
27-30	3X

Scott Specialties, Inc.
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