

1. Mama Strut System Contents



2. Insert as a Gel Pack Holder



3. Use Insert as a Pad Holder



4. Attach Removable Groin Insert



5. Step Into Opening of Mama Strut



6. Adjust Abdominal/ Lower Back Support



7. Adjust Elastic Groin Straps to Increase Pressure for Comfort/ Support



8. Front/ Back/ Side Model Views





Mama Strut System

Additional Accessories

Available at: www.MamaStrut.com



← **Adjustable Lower Back/Abdominal Brace/Shorts-**
Adjustable soft brace designed for lower back and abdominal support. Attached shorts increase support and keep the band in place. Paranium support straps are used for compression therapy, designed to aid with the "falling out feeling" commonly known as vaginal prolapse. Support support straps may be used or tucked behind under band if support is not desired.



← **Gel Packs (2)-** 3 1/2" x 8" gel packs can be heated or frozen. Recommended freezing time is approximately 1 hr. To heat microwave approximately 30 seconds, then increments of 10 seconds to reach desired temperature.



Abdominal Gel & Pouch
5" X 5" heat or cool gel pack and pouch designed to relieve pain/ reduce swelling in the abdominal area. Can be used for cesarean or natural birth. Attaches to the Mama Strut.



← **Underwear Inserts (2)-**
Removable inserts designed to be used as a comfortable undergarment in which gel packs can be inserted. Also equipped as a feminine pad holder. Machine washable.



Lower Back Gel & Pouch
4.5" X 11" heat or cool gel pack and pouch designed to relieve discomfort in lower back area. Attaches to the Mama Strut.



← **Strap Pad-**
Use with support straps if extra padding is desired. Strap pad can be adjusted to maximize comfort.

Warnings/ Care/ Materials

Testimonials/Press

About Us/ Awards

Instructional Use Guide



Naturally Supporting the Way You Heal Postpartum™



Instructional video www.MamaStrut.com

Warnings:
Discontinue use if you experience any adverse affects and call your doctor.

Cleaning Instructions:
You should wash the Mama Strut as needed in the washing machine or by hand with warm water and gentle detergent. Tumble dry with no heat or lay flat to dry. The inner ice pouch/ pad holders should be washed as frequently as you would wash your underwear. The Mama Strut must be kept clean to help prevent unsanitary conditions that could result in infection.

Content/Materials:
Shell:
82% Nylon
18% Spandex

Mesh Bag:
90% Polyester
10% Spandex

Waistband Elastic:
33% Bamboo
22% Nylon
19% Polyester
26% Spandex



"I really depended on the use of the Mama Strut. As soon as I got home from the hospital it was instant relief. This is a **must have item for every expecting mom!** Mama Strut helps me focus on the baby instead of the discomfort."
-Lizzette, Venice, CA



"This is a genius product, and I want to hug the woman who invented it. 4.5 Stars"



"The Mama Strut allowed me to wear my clothes confidently. Also, I really loved the three straps that held the ice pack tight. **It's the perfect postpartum product.**"
-Akiko, Los Angeles



"This postpartum support kit is really everything your body needs"



"Mama Strut helped my tired muscles with back and prolapse support. **I didn't have to take any pain medication,** when I wore it and it was super comfortable."
- Marnette, Los Angeles

About PELV-ICE™
PELV-ICE™ is a breakthrough medical device company that brings the standard of care for acute pelvic soft tissue trauma into the 21st century. With a portfolio of products that cater to a range of injuries and discomfort from childbirth, surgeries, urological issues, hip replacements, and acute and chronic pelvic conditions, PELV-ICE revolutionizes the recovery process safely, comfortably, and naturally for women and men of all ages.

Mama Strut™
PELV-ICE'S debut product, the Mama Strut™, is an adjustable soft brace that incorporates therapeutic heat/ice and is uniquely designed to get new moms back on their feet after childbirth. Having a baby can be one of the most physically trying times for women. And finally, there is a natural, convenient and safe way for new moms to improve their quality of life on the road to recovery: The Mama Strut.

Engineered to deliver postpartum comfort and mobility while supporting the body's healing process, the Mama Strut employs the scientifically researched and approved methods of compression and ice/heat therapy in the form of a discreet and easily wearable soft brace device.