

The Groovi-SI-Belt

For patients requiring lumbo-pelvic support for pain and/or instability.

The Groovi-SI-belt provides excellent support after abdominal surgery, or for post-operative support after lumbar spine surgery.



It is extremely effective in relieving low back pain during and after pregnancy.



The two innovative power compression elastic straps that are applied to the basic positional strap allow you to regulate the direction and amount of 'force closure' for the various stabiliser muscle groups (Multifidus and Transversus Abdominus).

The Groovi-SI-belt applies a variable amount of compression to specific locations of the pelvis. With the adjustable elastic power straps you can compress the pelvis where it is needed the most.



The belt helps to support the pelvis while proper muscle function is being re-established through core stabilisation training.

Initially it is recommended that you use the belt throughout the day. Once the pain reduces and stability improves, with the correct stabilisation program, use of the belt should be reduced to activities such as gym, cycling or hiking.

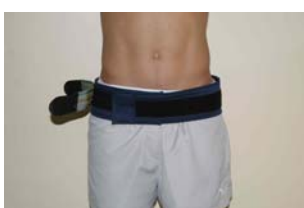


The Groovi-SI-Belt—application

Apply the basic positional strap fairly low, below the 2 pelvic bones at the front (the anterior superior iliac spines) and just on or below the 2 pelvic dimples at the back (the posterior superior iliac spines).



Now you need to apply the two compression elastic straps.



Apply one at a time. Attach the Velcro onto the basic positional strap in the centre of the pelvis laterally. Now pull forwards to attach the strap anteriorly. The amount of force that you use to apply this power strap helps you regulate the amount of 'force closure' or stability



you provide to the pelvis on that side.

By pulling the positional strap forwards to the centre of the pelvis at the front allows you to replicate force closure provided by Transversus Abdominus. Pulling posteriorly to the back of the pelvis replicates a different stabiliser muscle group—Multifidus.



Your therapist may have assessed you to determine

where you need force closure the most, and may assist you in applying the Groovi-SI-belt.



Once the belt is correctly applied you should feel more stable and balanced. Pain, if present, should be reduced.

If you experience an increased level of discomfort after applying the belt, and no improvement in symptoms, then the belt is ineffective for your problem and should not be used.

The belt helps to support the pelvis while proper muscle function is being re-established through core stabilisation training. Initially use it for all daily activities. As stability improves, wean yourself off the belt, using it for periods of prolonged activity or physical exertion

