



MamaStrut™
by PELV-ICE

Answers to Frequently Asked Customer Questions

Customer FAQ



How does Mama Strut work?

Mama Strut is a patent pending medical device designed to make postpartum recovery more comfortable and more successful. Although every postpartum is different, almost all include discomforts of the pelvis' soft tissue. Mama Strut uses commonly accepted principles (P.R.I.C.E.S) followed by doctors, physical therapists and trainers to treat soft tissue damage and pain. Protect, Rest, Ice, Compress, Elevate and Support are the main components of advice given by health care professionals when we damage our soft tissue. Soft tissue needs time to rest to heal and is aided by ice and/or heat during the healing process. Mama Strut now makes this easy and effective on the pelvis.

How do I care for Mama Strut?

Hand washing will extend the life of the Mama Strut, but for convenience you can machine wash on cold and lay flat or tumble without heat to dry. Do not bleach or dry clean.

Can I wear Mama Strut during pregnancy?

We have two separate devices as different types of support are needed during pregnancy and postpartum. We have a pregnancy brace specifically designed for expecting moms that are experiencing pelvic or lower back pain, or just need a little extra support!

Is Mama Strut for C-Section deliveries too?

Yes! Compression and mild heat are crucial for caesarean surgery recovery.

Mama Strut has helped many c-section mamas and is designed for both vaginal birth and c-section, with many c-section moms reporting dramatically improved condition after using the Mama Strut. Mama Strut c-section moms will often wear the brace for several months after delivery.

All mamas appreciate the total pelvic support and adjustable ice/heat therapy no matter how they end up delivering. C-section mamas in particular really love the all-in-one construction which keeps the band from riding or spinning on their tender tummies. The sturdy part of the band should be placed above your c-section incision. This is unlike any other postpartum care product on the market.

Customer FAQ



Isn't it "too messy" after having a baby to wear Mama Strut?

No, Mama Strut was designed to be put on immediately after birth to maximize the effect of the cold compression. You will use it slightly different while bleeding heavily. You will need to use the ice source that the hospital or birth center provides on top of the large feminine pad that is secured inside the Mama Strut.

Mama Strut was specifically designed to be used with large postpartum pads and keeps everything in place so there is less mess. You can purchase our organic postpartum pads at www.mamastrut.com/shop/

Unlike the thin disposable underwear they give you at the hospital which allows the ice and pad to move around, Mama Strut keeps everything together and just where you need it.

How long should I wear my Mama Strut for?

Short answer: as long as you need to. You can start wearing it right away, and the average mom will use it for about 6 weeks, though some have used it for an entire year!

Some mamas wear their Mama Strut 24/7, whereas other only wear it when out and about. Listen to your body. We have also had many mamas keep Mama Strut on hand for painful periods after postpartum, lower back pain or fibroids.

Every recovery is different and we suggest you wear your Mama Strut until you feel like you do not need it anymore. Also, you should consult with your doctor or midwife for their advice if you are at all unsure.

Can I sleep in my Mama Strut?

Many of our Mama Strut mamas have reported wearing the system 24/7 during their postpartum recovery. If you find that you need the support at night you can wear the Mama Strut in bed. As above, we recommend listening to your body and seeing what feels best for you on your postpartum journey.

Is a Prescription required? How do I bill through insurance?

Mama Strut Postpartum Care System does not require a prescription for retail purchase, but if you want to get reimbursed or have your insurance cover it you will need one.

Customer FAQ



[Do I really need a Mama Strut? Women have been birthing without one since the beginning of time.](#)

Ask a Mama Strut Mama and she will tell you that she would not birth again without one. We use supports, braces and ice/heat therapy on every other soft tissue and skeletal injury on the body like knees, ankles and shoulders, so why should the pelvis be any different? Pelvic soft tissue needs the same care that you would provide these other body parts so it can heal as quickly and as strong as possible. This is clinically proven sports medicine technology applied to mama care. Birth may be natural but it is a big deal. You need physical and emotional support during your postpartum recovery journey.

Also, most of our Mama Strut Mamas report not needing heavy pain medication when wearing Mama Strut. Mama Strut uses compression, ice and heat to combat aches, pains and swelling naturally.

[How is Mama Strut better than a belly band, girdle or corset?](#)

We are the only product that combines several non-pharmacological methods to provide relief and comprehensive support to the lower back, pelvis, abdominals and genital region. Heat and ice therapy and adjustable compression manages pain and swelling naturally.

Belly bands only support the abdominals and lower back and do nothing to address the damaged pelvic floor postpartum. Girdles and corsets are often very uncomfortable and restrictive and difficult to put on. They are design to make you “look slimmer” but do not address the real physical support and changes that a new mama’s body experiences postpartum. Mama Strut hopes all mamas focus first on their health and wellness and wait until after they have healed to worry about regaining pre-baby body shape.

[Does Mama Strut restore muscles after pregnancy or help with diastasis recti?](#)

Many pelvic floor physical therapy specialists recommend and use Mama Strut in conjunction with physical therapy or home exercises to help with your diastasis recti and restoring abdominal muscles back to their pre-pregnancy strength.

[I am not pregnant or postpartum but I have pelvic pain, PSD, pubic symphysis, pubic pain, endometriosis- can it help me?](#)

We have had mamas with pubic separation and diastasis recti and other pelvic dysfunction and pelvic pain benefit from Mama Strut. Mama Strut uniquely supports the pelvis and has ice/heat pouches to manage, pain, swelling, pressure and bleeding naturally.

The vaginal support can be tucked up in a neat pouch we have for it under the binder portion. You may still want to try it as it helps stabilize the hips too.