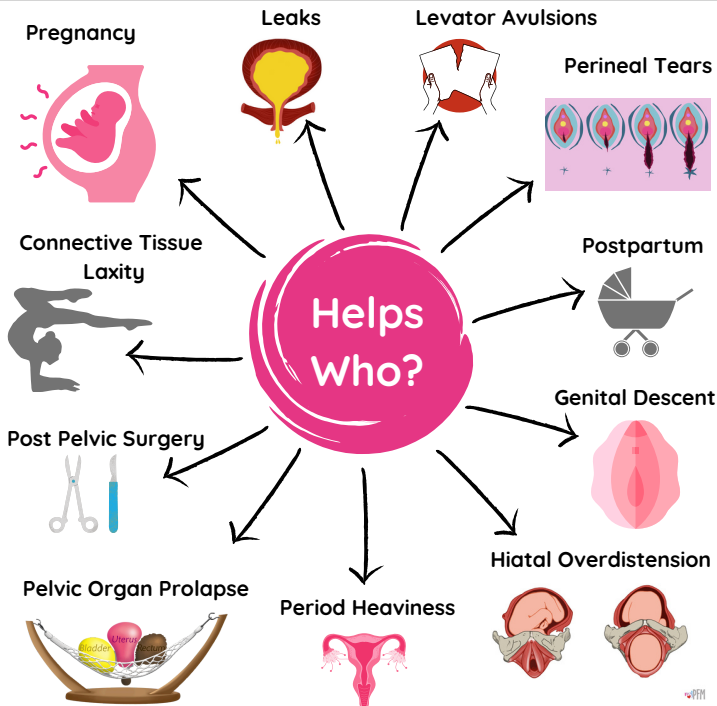


External Support















✗ Without Support ✗ ✓ With Support ✓



Use Caution with: pelvic pain, tailbone pain, unhealed wounds, infections, unhealthy tissue, painful sitting, or when perineal pressure doesn't feel good

Types of External Support

Garments and Braces for prolapse and perineal descent

	Garment or Brace	Amount of Support	Prolonged Upright Comfort	Prolonged Seated Comfort	Visible Panty Lines	Cost USD		
	EVB Shorts	Garment	Intense	YES	NO!	NO!	>\$100 mypfm21 10% off	
	SRC Leggings	Garment	Intense	YES	NO!	NO!	>\$100 mypfm 10% off	
	Femme Jock	Brace	Intense	YES	NO!	YES	\$50-75	
	V2 Support	Brace	Intense	YES	NO!	YES	\$50-75	
	Brace Ability	Brace	Medium	YES	NO!	YES	\$50-75	
	Hide Away	Brace	Light	YES	NO!	YES	\$50-75	
	Pelvic Bra	Brace	Intense	YES	NO!	NO!	\$49-79	

Beginner Gym/Cardio:
Seated or Gravity neutral



Symptomatic ADL's:
Seated



Bathroom: Splinting (pressing up and in on perineum to support tissue)



The above options are for when external support is needed and are not intended to be used all the time. It is essential to use the power over prolapse strategies in conjunction with this handout.