



Health Professionals and Moms Agree That Mama Strut is the #1 Post Birth Care System

Mama Strut is a patented pelvic soft brace that is uniquely engineered to deliver heat/ice therapy to reduce pelvic, SI joint, lower back pain and vulvar swelling. With multi-directional support for all sides of the pelvis including: the pelvic floor, back, hips (SI) and abdomen and removable ice/heat pouches right where mamas need it.

WHY STRUT?

90% of women that delivery vaginally will suffer a tear ¹

38% of women that don't tear report perineal pain 1 week later ²

100% of women have some level of Diastasis Recti in 3rd trimester ³

85% of postpartum pain goes unmanaged which increases likelihood of mood disorders ⁴

71% of women that have an episiotomy report perineal pain 1 week later ⁵

66% of women that still have diastasis recti 8 weeks postpartum will also have PSD ⁶

The Science

Numerous studies demonstrate that the use of cryotherapy and compression dramatically reduces blood loss, pain, and early return of mobility with decreased narcotic use. Pelvic pain often goes untreated, nearly 15% of women experience pelvic pain aside from being pregnant or postpartum.

The added effects of the extreme physical exertion that birth has on the body can create severe pain that often goes untreated and can lead to added dependency on narcotics. However, narcotics can't support the pelvic floor or assist with movement. Mama Strut uses proven sports medicine to increase mobility, reduce pain and mood disorders, and assist in a healthy recovery.

Here's what health professionals have said:

As a Certified Nurse Midwife Practitioner, I was excited to discover Mama Strut as a resource for patients. Many women are unaware of the diastasis recti, pelvic floor dysfunction, and physiologic discomforts that occur during and after pregnancy. Once these become an issue, women need physical support. Mama Strut Pregnancy and Postpartum support systems provide this hands-on care 24-hours a day when a care provider cannot. Taking care of mothers leads to well-being for the entire family. I am looking forward to seeing Mama Strut products eventually becoming routine medical devices provided for all women in pregnancy and postpartum!

- Anna Nieboer, CNM, MSN (Holy Family Healthcare)

One of the most wonderful new remedies for the mama during these challenging weeks is Mama Strut by Pelv-ice. The Mama Strut is a total pelvic support with highly adjustable multi-directional compression and ice/heat therapy to manage pelvic pain and swelling exactly where a new mama needs it. Woman using the Mama strut not only have a whole lot less trauma after giving birth, they need fewer narcotics, have increased mobility, and experience better moods than women who suffer through without any help

- Sheryl A. Ross, M.D. F.A.C.O.G.

Patient Testimonials

I just had my baby 3 days ago and the mama strut has been amazing! After I took it off I could visibly see the reduction in swelling and the ice feels incredible while it is on. I have to say my favorite part is that when I stand up, it no longer feels like gravity is pulling everything down. I couldn't be happier with this product and am so glad that I invested in it! Recommending to all of my friends! -Natasha T.

*My favorite thing about Mama Strut is the ice packs! I rotated them throughout the day the first two weeks and I was in heaven! My daughter came out with one hand up and scratched me up inside so I was super sore and stinging and the ice packs were a **LIFESAVER!!** So grateful that my OB recommended Mama Strut! -Linnea H.*

*"In my first two pregnancies I had a belly band, it was okay but this time I packed a Mama Strut and wow what a difference! It comforted all sides of my pelvis including the most sore and important – my vagina! I am so glad I found Mama Strut. **Mama Strut needs to be in every hospital and birthing center in the world!**" -Rebecca*

Mama Strut Supports ALL Birth Types and Sizes

C-Section Mamas

1 in 3 births are c-sections. In a survey of 2400 women conducted by *Listening to Mothers*⁷, **58%** of women who had cesareans considered pain at the site of the incision, **19%** cited it as a **major problem**.

The Medical Grade Mama Strut has an abdominal ice/heat pack that supports mama right where she needs it.

Vaginal Birth Mamas

In the same survey of 2400 women, **41%** who had vaginal births considered perineum pain as a problem, for **11%** as a **major problem**. **46%** said back pain was an added factor.

The Medical Grade Mama Strut has a supportive strap system for the perineum + lower back ice/heat therapy pack for where Mama needs it.

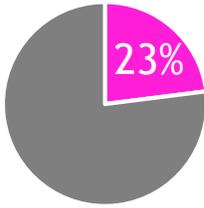
Mamas of all Shapes and Sizes

Mama Strut understands women come in all different shapes and sizes and needs for support. The Medical Grade Mama Strut comes in 8 different sizes (XS-4XL) and has been proven to assist with ongoing conditions such as hemorrhoids, vulvar veins, endometriosis, pelvic and perineum pain.

Citations:

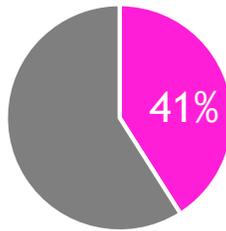
Hemorrhoids

■ Major/Minor Problem



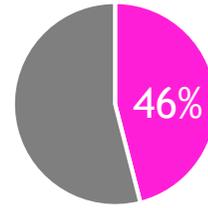
Perineum Pain

■ Major/Minor Problem



Backache

■ Major/Minor Problem



Let's Support Mothers Together!



- Complete Pelvic Support
- Increased Mobility
- Increased Patient Satisfaction
- Natural/Narcotic Pain Management for Perineum, Hemorrhoids, Lower Back Pain and Abdominal Cramping
- Reduced Swelling
- Elevated Mood
- Discrete & Easy to Use



INSURANCE

Patients are eligible to bill through insurance or be reimbursed through insurance

Recommended ICD-10-CM codes:

- R10.2 Pelvic and perineal pain
- 071.89 Other specified obstetric trauma (Diastasis Recti)
- K42 Umbilical hernia
- O70 Perineal laceration during delivery
- M54.5 Acute or chronic pain in the lumbar or sacral regions
- M25.551/M25.552 Hip pain R/L
- S30.23 Contusion of vagina and vulva
- R10.30 Lower Abdominal, inguinal, groin pain
- N81 Female genital prolapse
- N81.2 Incomplete uterovaginal prolapse
- N81.3 Complete uterovaginal prolapse
- N81.4 Uterovaginal prolapse, unspecified
- N81.8 Other female genital prolapse
 - N81.83 Incompetence or weakening of rectovaginal tissue

HCPCS Codes:

- L8310 - Pelvic Truss
- A9273 - Hot water bottle, ice cap or collar, heat and/or cold wrap, any type
- E1399



To learn more about the Mama Strut Postpartum System and the insurance process, or to

request a demo/sample please contact Brittan@Pelv-ice.com or call (844) 370-1858.

Citations:

¹ RCOG July 2014 ² [AJOG](#), Nov 2004 ³ Gillard& Brown 1996, Diane Lee 2013 ⁵ [AJOG](#), Nov 2004 ⁶ Spitanagle et al 2007 ⁷ Transforming Maternity Care