

LBP – General and Maternity Belts

- LOW BACK PAIN

For patients who have low back pain, NHS inform advises not to brace and thus gives self management advice including exercises.

For patients who have low back pain, whose symptoms do not resolve through the advice on NHS inform, these should be referred to:

[NHS Lothian Integrated Back Pain Pathway](#)

This department also have a NHS Lothian Primary Care Back Pain Decision tool on REF help.

- MATERNITY BELTS

There's a specific women's health pregnancy team of Physiotherapists based at the RIE who deal with this 0131 242 1945 is the antenatal triage line and patients can call themselves. They can supply belts etc.

GOOD PRACTICE STATEMENT *The use of maternity/pelvic support belts for perinatal pelvic girdle pain*, link below

[16_14301013.indd \(thepogp.co.uk\)](#)