

Tubi-grip Band Information

- Do not use if you have a latex allergy
- Do not wear overnight, for daytime use only.



For safety, we advise that you sit down to put the tubi-grip band on.

Put the tubi-grip band on as though putting on a skirt. Pull the band over your bump and double the tubi-grip band over to create a double layer that sits over your bump and hips.

Trim the length as required.
For safety, sit down to remove.

Women's and Men's Health Physiotherapy
Harrogate District Hospital
Lancaster Park Road
Harrogate HG2 7SX
01423 885959
Direct line: 01423 553089
www.hdft.nhs.uk