

The Perfect Bra for Your Physio Recovery

When you have had an injury or are recovering from breast surgery, it's likely that you will experience limited movement and mobility. Working with a physiotherapist is the first step to improving movement and reducing pain, but this is often part of a longer-term recovery strategy.

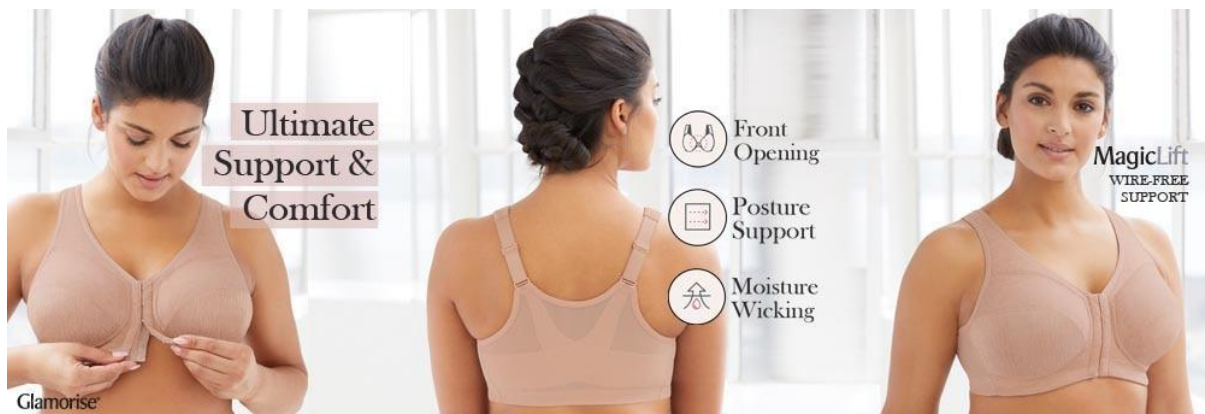
An ill-fitting bra can cause neck, back and shoulder pain as well as postural issues. You may also experience discomfort or strain in your upper body because of a larger bust. While a physio can provide exercises to help relieve some of the pain you may have in the shoulders, back or neck, the right bra will make all the difference in making sure you're supported in all the right places.

We're always looking for ways to improve your immediate feelings of comfort and wellbeing which is why we are delighted to announce a new partnership with specialised lingerie company, [DeBra's](#).

With 21 years of experience, DeBra's is an established authority on bras, lingerie, shapewear, and swimwear for the fuller busted woman (sizes 6-36, A-K cup). One of their key goals is to provide women with correctly fitted bras that are beautiful, comfortable, and supportive, no matter their shape or size.

DeBra's is also focused on helping women around Australia to find the right bra after experiencing pain and discomfort from either short-term or long-term injury, as well as post-surgery.

Introducing front-opening and posture support bras



Their range of [front opening and physio-approved bras](#) support women who, for whatever reason, have restricted mobility that impacts their ability to put on and remove a conventional bra that fastens at the back. This type of garment is perfect for women with shoulder pain or who experience restricted range of movement in the shoulders, elbows or wrists. Wearing this bra means you no longer have to reach behind your back and fiddle with a tricky clasp.

DeBra's also stocks a fantastic range of [posture corrector bras](#) which can alleviate some of the pain associated with having a fuller bust. The fuller coverage backs not only smooth unwanted lumps and bumps, but also provide wonderful support. These bras have a broader

back panel, which spreads the weight of your bust over a larger surface effectively reducing the weight felt on the shoulders.

The right bra can truly have a positive impact on your health and wellbeing. To help our patients feel supported in their journey, we can now offer you \$20 off your first shopping experience at DeBra's online store.

RECEIVE \$20 OFF YOUR FIRST PURCHASE. SIMPLY USE THE CODE PHYSIO20 (T&CS APPLY*).



**FRONT OPENING/CLOSING
BRAS**

POSTURE CORRECTOR BRAS

WIRE FREE BRAS

To help support their customers find the right size bra online, DeBra's offers live chat and virtual fittings with their in-store team.

To learn more about how the right bra can help you with your discomfort or recovery, checkout these top tips and tricks from DeBra's.



Front Opening Bras: The Fuss-Free Fact

There are two types of women in the world: back bra fasteners and front bra fasteners. You know who you are. Often it's a ritual, handed down from Mum/first bra mentor, or just a quirk specific to...

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How Your Bra Can Ease Back Pain

When it comes to your bra, there's no such thing as a one-size-fits-all. Whether a woman chooses a particular bra to help support her breasts during pregnancy, to s...

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Best Bras for Back Pain

A well-fitting bra can do wonders for your boobs, but they also provide plenty of perks for your posture and for eliminating pain from your back and shoulders. You know when your back hurts so much, i...

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* Discount applies to online orders only. Voucher expires within 7 days. Valid on full price items only, excludes sale items + gift vouchers. A minimum of \$75 spend applies. To redeem online, login to your account and enter the code PHYSIO20 at checkout (the offer code will not work unless you are logged in). Code is valid for one use only per customer. Discount cannot be retrospectively applied to previous orders and cannot be used in conjunction with any other offer.