



medi

Healthy legs and a strong back during pregnancy

The guide for expectant mothers



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A strong brand. A wide range of products. A better quality of life.

The medi World of Compression: a signpost for the future with more than 70 years' expertise in compression therapy. Products with the highest standards of quality, innovation and design. Put your trust in outstanding workmanship and a special level of user comfort.

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mediven compression stockings are produced to a high-tech standard, feature feel-good properties and provide excellent wearing comfort. Their medical purpose is thereby achieved in a very pleasant way. Our extensive supplementary product range provides everything else you may need for your therapy.

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Perfect happiness: A baby's on its way!

Healthy legs and a strong back during pregnancy.

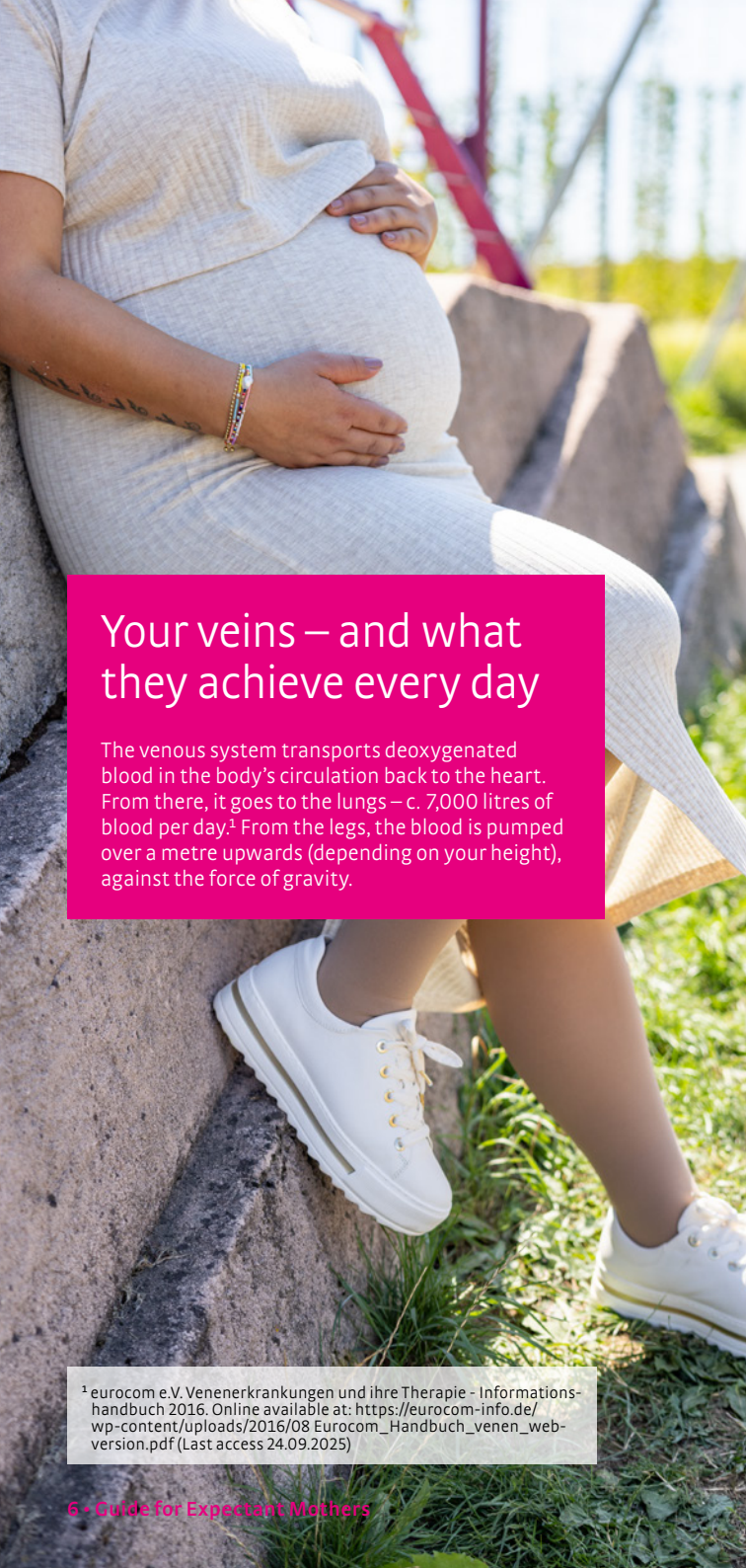
Pregnancy – it's an adventure and perhaps also the most thrilling months of your life. It's an overpowering feeling to have a new life growing inside you. A pregnancy entails changes that are tangible even at the beginning and ultimately unmissable. And that doesn't just apply to your abdomen. Your whole body is involved and needs to be in top form as well.

Many expectant mothers suffer from swollen legs. The veins are put under more strain during pregnancy and have to work harder. This can lead to swelling and pain in the legs.

During the early months of pregnancy, many women will experience challenges in everyday life caused by nausea and vomiting.

Back pain is also a frequent side effect of pregnancy. Pregnancy hormones cause ligaments to become softer and more stretchy. The mother's growing baby bump shifts the body's centre of gravity and strain on the lumbar vertebral region increases, meaning that back pain can develop.

This guide gives you some valuable tips for healthy, lovely legs and a strong back to ensure you feel completely comfortable during your pregnancy.



Your veins – and what they achieve every day

The venous system transports deoxygenated blood in the body's circulation back to the heart. From there, it goes to the lungs – c. 7,000 litres of blood per day.¹ From the legs, the blood is pumped over a metre upwards (depending on your height), against the force of gravity.

Vein health during pregnancy

Many women suffer from heavy or swollen legs during pregnancy. Altered hormonal balance, increased weight and additional blood in the body means veins have to work harder during pregnancy. The pressure on the leg veins increases and the blood flows back to the heart more slowly. As the veins expand, the venous valves can no longer close properly. Blood begins to pool in the leg veins.

One in three women experience the formation of "pregnancy varicose veins" during their first pregnancy.² These do not always disappear on their own after delivery. Although they tend regress after childbirth as the weight and pressure on the veins normalises, veins and venous valves are sometimes permanently impaired after pregnancy. This can lead to chronic venous disease, especially in women with additional risk factors, such as genetic predisposition or obesity.³

Please note

Heavy or swollen legs during pregnancy can be a sign of various medical indications. These include pre-eclampsia, which is associated with high blood pressure. Please always consult your doctor.

¹ eurocom e.V. Venenerkrankungen und ihre Therapie - Informationshandbuch 2016. Online available at: https://eurocom-info.de/wp-content/uploads/2016/08/Eurocom_Handbuch_venen_web-version.pdf (Last access 24.09.2025)

² eurocom e.V. Schwangerschaft – ein Kraftakt für die Venen. Online available at: https://eurocom-info.de/wp-content/uploads/2024/04/eurocom_Broschuere-Schwangerschaft_ES_web.pdf (Last access 24.09.2025)

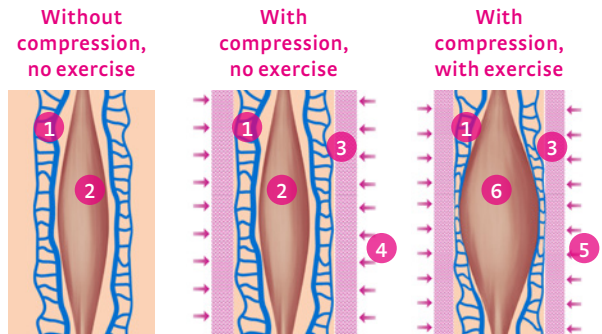
³ Rabe E et al. Bonner Venenstudie der Deutschen Gesellschaft für Phlebologie [Bonn vein study by the German society of Phlebology]. Phlebologie 2003;32:1–14.

Medical compression stockings – a blessing for the veins during and after pregnancy

Support the health of your legs.

How do medical compression stockings work?

Medical compression stockings are an essential tool in vein therapy. They are effective in preventing complaints caused by veins such as pain, swelling and a feeling of heaviness in the legs, or improving their symptoms – including during and after pregnancy.¹ The special compressive fabric exerts a comfortable, precisely defined pressure gradient (decreasing from the foot up to the thigh). Thanks to the external functional pressure, the muscle pump function is supported and thereby reduces the diameter of the veins. Defective venous valves can close again and, as a result, the blood is efficiently pumped to the heart, improving symptoms of vein congestion.



- 1 Vein
- 2 Relaxed muscle in a resting position
- 3 Compression stockings
- 4 Resistance of the stocking
- 5 Pressure of the stocking during exercise
- 6 Tensed muscle during exercise

Applied in conjunction with exercise, medical compression stockings are considered the fundamental therapy for venous disorders. They can be prescribed by a doctor if medically necessary.

¹ Saliba Júnior OA et al. Graduated compression stockings effects on chronic venous disease signs and symptoms during pregnancy. *Phlebology* 2020 Feb;35(1):46–55.

Risk of thrombosis during pregnancy and in the postpartum period

The risk of pregnant women developing thrombosis is three to five times higher than for non-pregnant women.¹

Thrombosis risk during and after pregnancy

Hormonal changes during pregnancy influence the blood coagulation and lead to a higher risk of thrombosis, even in the early stages of pregnancy. As the baby sinks down into the pelvis during the final months of pregnancy, the risk can increase owing to functional lymphatic obstruction.¹



Normal blood flow



Initial thrombus formation due to reduced blood flow



Closure of the vein due to a thrombus

... and in the postpartum period

Even after the birth (in the postpartum period), there is a higher risk of thrombosis¹ – particularly after a caesarean section²

Prevention with compression

Medical compression stockings offer reliable support in effectively preventing thrombosis in pregnancy. Together with frequent exercise, they support the functioning of the muscle pump and the return of venous blood.

¹ Mendoza E. Kompression in der Schwangerschaft lindert Beschwerden. *Ars medi* 2013;19:965–966.

² Ochalek K et al. Risk Factors Related to Lower Limb Edema, Compression, and Physical Activity During Pregnancy: A Retrospective Study. *Lymphat Res Biol* 2017;15(2):166–171.

Nausea and vomiting in early pregnancy – compression helps!

Between 50 and 80 percent of pregnant women are affected by nausea and vomiting. They are understandably reluctant to turn to medication because of the fear of side effects.

In a study, the effectiveness of medical compression stockings has been proved for the following symptoms: Medical compression stockings alleviate complaints such as nausea and vomiting in early pregnancy. In addition to symptoms of nausea, typical circulatory disorders of early pregnancy can also be alleviated. Furthermore, wearing medical compression stockings has minimal side effects compared with taking medication.¹

¹ Mendoza E, Amsler F. A randomized crossover trial on the effect of compression stockings on nausea and vomiting in early pregnancy. *Int J Womens Health* 2017;9:89–99.



Lipoedema and pregnancy

Hormones – an important role in lipoedema.

Lipoedema is a pathological, chronic fat maldistribution disorder of the subcutaneous tissue. It appears as an increase of painful fatty tissue on the legs and sometimes also on the arms that is accompanied by oedemas (excess fluid). Experts assume that the cause is hormonal because almost exclusively women are affected. It usually begins in puberty but sometimes also occurs after a pregnancy.

Wearing medical compression stockings is already a fixed therapy element in the everyday lives of patients who already have existing lipoedema. Pregnancy necessitates additional requirements for medical compression therapy.

As well as reducing lipoedema-related pain and swelling, therapy with compression stockings prevents pregnancy risks such as leg veins and thrombosis. Flat knit medical compression stockings, in particular, are normally used in therapy for lipoedema. The wide variety of patterns and colours offers stockings for everyone's needs and taste.

Please note

Speak to your gynaecologist about possible therapies for lipoedema and during pregnancy. Additional care from a lymphologist can be helpful in designing a tailored therapy programme to meet the individual needs of lipoedema patients.



Effective compression can be this natural and beautiful

Medical compression stockings from medi – for tangibly better quality of life.

Medical compression stockings from medi combine medical efficacy with pleasant user comfort for the wearer – because the therapy can only be most effective when you wear your compression stockings regularly.

The medical compression stockings go with any outfit thanks to many standard and fashionable trend colours. Your legs feel lighter and more relaxed, swelling is minimised and you'll generally feel much better.

Whether as tights with extra-comfortable panty top for the post-baby tummy or as thigh-high or knee socks: We have the perfect compression stockings for your very individual wishes.

medi browsing tip

Discover the range of medi medical compression stockings:
www.medi.de/en/products/compression-sockings

Your personal “medi Butler” for pregnancy

medi donning aids.

The medi donning and doffing aids are called “Butlers” for a very good reason: They are a practical donning aid you can use every day. The medi Butler pre-stretches the stocking so that you only have to slip your leg inside.

A doctor can prescribe donning and doffing aids for medical compression stockings if they are deemed medically necessary.¹

medi browsing tip

You can find helpful tips and videos on how to put on your compression stockings at: <https://www.medi.de/en/faq/compression-garments/donning>

¹ Rabe E et al. S2k Guideline: Medizinische Kompressionstherapie der Extremitäten mit Medizinischem Kompressionsstrumpf (MKS), Phlebologischem Kompressionsverband (PKV) und Medizinischen adaptiven Kompressionssystemen (MAK). Online available at: <https://www.awmf.org/leitlinien/detail/II/037-005.html> (Last access 24.09.2025).





Gentle care for your skin

For soft-to-the-touch skin.

medi skincare products are the ideal supplement to compression therapy. medi day, medi night and medi fresh ensure that your skin is nourished and give a pleasant, invigorating sensation.

- medi day for daily care and to alleviate tensions.
- medi night soothes the skin and also supports its regeneration.
- medi soft is suitable for drier skin and very skin-friendly.
- medi fresh with the refreshing effect of menthol that can be felt immediately.

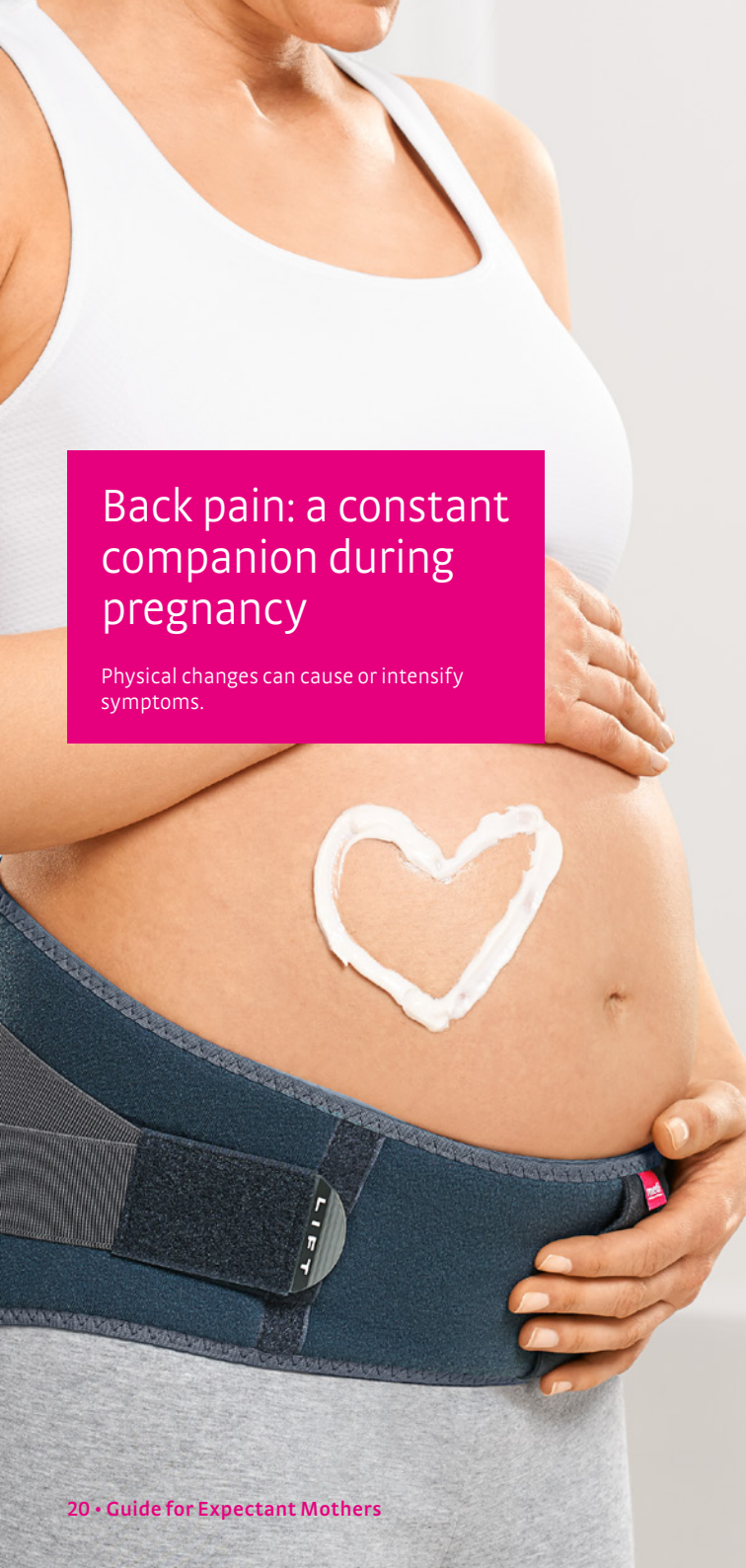


Care products for your stockings

You should care for your medical compression stockings properly to ensure that you can enjoy their benefits for as long as possible. medi offers special cleaning products that are gentle on the fabric.

medi clean, the gentle hand washing powder and medi spot ex, the practical stain stick for daily care and gentle cleaning of compressive fabric.





Back pain: a constant companion during pregnancy

Physical changes can cause or intensify symptoms.

Back health during pregnancy

Hormonal and physical changes put strain on a woman's body during pregnancy. Back pain is one of the most common complaints during this time. Pregnancy-related back pain usually peaks between the 24th and 36th week of pregnancy.

How can you combat back pain during pregnancy?

- **Pregnancy exercises:**
Pregnancy exercises (done in water, for example) stabilise and strengthen the back and pelvis.
- **Physiotherapy and manual therapies:**
These help alleviate the discomfort.
- **Acupuncture:**
An experienced therapist knows the location of acupuncture points suitable for treating back pain in pregnant women.
- **Upright posture:**
Try to maintain an upright posture when carrying out your everyday activities in order to avoid incorrect posture. The latter can both cause and aggravate back pain. A special pillow between the knees can bring relief for side sleepers at night.



Lumbar back braces for stabilisation during pregnancy

Effective support for expectant mothers.

Every pregnancy involves unique needs and challenges, especially the stress put on the body from the beginning of the second trimester onwards. The mother's growing baby belly, and the weight gain that this causes, shifts the body's centre of gravity. The changing burden on the lumbar spine and growing pressure on the pelvic girdle often leads to pain.

A special back brace for pregnant women can effectively counteract the pulling effect of the growing abdomen and thus help relieve pain. The brace does not exert any pressure on the abdomen.

Take note of the following details when selecting your back brace:

- Individually adaptable pressure relief thanks to the tension-strap system
- Progressive adjustability and easy to adapt to your growing abdomen
- External wrist strap for easy application
- Body-contoured fit thanks to pleasant and soft material

Please note

During advanced pregnancy, uterus contractions, urinary tract congestion or pressure from the baby's head on sensitive nerves can be experienced as back pain. Pregnant women should thus always have their back pain checked by a doctor.



Effective support for your back, even after pregnancy

Orthoses can provide relief and stabilisation even after the birth.

Birth can cause symphysis pubis dysfunction (instability of the pubic symphysis) and associated pain. In addition to pelvic ring instability, symptoms can also occur near the sacroiliac joints (ISG). It is important to help the body regenerate well after pregnancy. A modular pelvic orthosis can stabilise the pelvis and alleviate the strain on the bone structures.

Take note of the following properties when choosing the orthosis:

- Individually adaptable pressure relief thanks to the tension-strap system
- Targeted massage of the pain spots and faster healing thanks to flexibly positionable truss pads
- High wearing comfort thanks to comfortable fabric made of breathable and skin-friendly materials
- Easy to put on thanks to double-sided hand loops

Please note

Take back pain that persists for a long time after the birth seriously. Describe your symptoms to your doctor. He or she will advise you on the therapeutic options, depending on the cause, type and localisation of the pain.

Foot pain during pregnancy

Causes of foot pain during pregnancy

There are several reasons why feet change during pregnancy and cause discomfort: Hormones cause the ligaments to become more elastic, which loosens the joints and cartilage connections. This is how the otherwise rigid pelvis is being prepared for the birth. These changes can lead to orthopaedic complaints – including the feet.

- More body weight – increased foot load with reduced stability
- Changes to the feet and gait pattern during pregnancy
- Water retention in the legs and feet



Therapy: what to do with aching feet during pregnancy?

Medication - including painkillers - should be avoided during pregnancy. This makes it even more important for expectant mothers to know what they can do against foot-related conditions and challenges.

- Wear comfortable shoes with low or moderate heel height during pregnancy to give your feet enough space and stability.
- There are also special exercises to stretch and strengthen your feet. These can do a lot to help prevent or relieve challenges for your feet during pregnancy.
- If necessary, support your feet with foot orthotics if you experience pain in your feet when standing or walking for longer. Foot orthotics support and relieve your feet by counteracting fallen foot arches. What's more, foot orthotics can have a positive effect on the entire leg axis and pelvis region, especially during pregnancy.
- Put your legs up more regularly so that the blood can flow back better – this takes the strain off your legs and feet.
- During the day, medical compression stockings with a defined pressure curve offer relief for swollen legs and feet – a perfect combination with foot orthotics. Please get medical advice.

These products offer support for foot-related challenges during pregnancy

Foot orthotics

Find out how foot orthotics support and relieve your feet so you can walk carefree and safely – during and after pregnancy.

www.medi.de/en/products/medi-footsupport-ballerinas-pro/



medi tips for your pregnancy

Enjoy restful periods together with your baby – try to avoid standing or sitting for a prolonged time.

- Of course, it might look elegant to cross your legs; but the blood circulates better if you keep your legs side by side when you are sitting down.
- Comfortable shoes and light clothing will help you feel more at ease.
- If the weather is hot, regularly cooling your legs can help.
- Integrate gentle sporting activities into your everyday life – swimming, walking and yoga are ideal for pregnant women.
- Drink at least two litres of water or tea per day and make sure that you eat a balanced diet (fruit, vegetables, fibre and minerals) that is rich in vitamins.
- Try to maintain an upright posture when carrying out your everyday activities in order to avoid incorrect posture.

medi browsing tip

You can find plenty of information about supporting the health of your legs and back during pregnancy at: www.medi.de/en/products/highlights/pregnancy/



Headquarters
medi GmbH & Co. KG
Medicusstraße 1
95448 Bayreuth
Germany
T +49 921 912-0
F +49 921 912-781
export@medi.de
www.medi.de/en



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