



GALS against GRAVITY Workshop

Discover how breasts & bra fitting can influence posture & pain

The aim of the GALS against GRAVITY workshop is to increase your awareness of the gravitational effects of the breasts.

Workshop objectives:

- Explore the extent to which breast weight can be a barrier to participation in physical activity for women and girls
- See the value of using an optimally-fitted bra as a postural proprioceptive support
- Appreciate the relevant research
- Recognise optimal and poor bra fitting
- Be aware of the PostureFitting Physiotherapy service and how it can broaden your practice offer

Breasts

Understand breast anatomy, the effect of breast weight on the musculoskeletal system, and its influence on activity participation.

Bras

Get to know more about bras and how they can provide postural and proprioceptive support.

Bra Fitting

Discover why so many women are wearing poorly-fitting bras, optimal vs poor fit and the benefits of an optimally-fitted bra.

Posture

See the daily effects of gravity on our bodies and the ways we can influence this, including a PostureFitting “before and after” demonstration.

PostureFitting uplifts the way women feel, move, look

Meet Siobhán O'Donovan

Creator and founder of the GALS against GRAVITY workshops and the PostureFitting physiotherapy service.

MSc, Dip Orth Med, Chartered Physiotherapist

“After making an appointment to have my own bra fitted by an expert, I discovered first-hand the immediate and lasting effect it had on my posture.

This epiphany led to the evolution of the GALS against GRAVITY workshops and the physio-led PostureFitting system, which uses an optimally-fitted bra to enhance patients' postural improvements. A successful alternative to taping and other postural supports, without the inconvenience.

Extensive research into breast health and management, bra type and fit, and the development of a partnership with a leading UK-based bra manufacturer ensures PostureFitting offers access to products that meet our criteria for both support and proprioceptive input.

The PostureFitting system can decrease the negatives of breast weight. Growing our GALS against GRAVITY community can spread this positivity to women worldwide.

The GALS against GRAVITY workshop offers you the opportunity to understand an issue that affects all women, and provides the first step on the PostureFitting pathway.

Siobhán O'Donovan

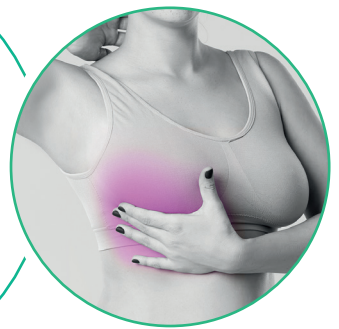
At PostureFitting we are on a mission to share our system with women and physiotherapists, enabling them to achieve amazing results. ”

A pioneering physiotherapy approach to posture management with bra fitting at its core.



This new and innovative posture-management system assists women of all ages and life stages to gain and maintain their optimal posture.

Enhancing upper and mid back support, the PostureFitting approach uses an optimally-fitted bra to aid postural improvements



Posture

Breasts

Bras

Bra Fitting

Use the GALS against GRAVITY workshop to develop your knowledge and skills

7 CPD hours

Secure your place today

Contact Siobhán on +353 (0)87 767 8873
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Join the GALS
against GRAVITY

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