

Faja

Faja (fa-ha) is Spanish for 'wrap' or 'corset' and is used as an abdominal and pelvic support.

For pregnancy and postpartum, many cultures proscribe belly binding to warm and close the "open" abdomen and pelvis after birth. Subscribers to this practice believe that it will accelerate the body's return to health after the baby is born.

Belly binding can be supportive to promote healthy posture during breast feeding, encouraging stomach muscles to strengthen and aiding the uterus back to its optimal position.

Wearing a Faja will support the uterus, allowing the body time to repair uterine ligaments, increase circulation and nerve supply to the organs and surrounding tissues.

For prolapse of any organ within the pelvis, consistent use of a Faja, in conjunction with daily YAM and regular Abdominal Therapy treatments with your practitioner will offer healing. It's advised to wear a Faja after your Abdominal Therapy if organ prolapse is an issue.

A Faja can also be used to stabilize and support the lower back. You may choose to wear it when doing heavy lifting or weight-bearing activities such as gardening as well as during exercise.

When to wear a Faja

- ⦿ When active and mobile.
- ⦿ A day or two before menstruation.
- ⦿ Prolapse.
- ⦿ Lower back or sacrum pain.
- ⦿ Feeling emotionally vulnerable.

Cautions and Contraindications

- ⦿ When sitting, laying or inactive.
- ⦿ When driving.
- ⦿ At night while sleeping.
- ⦿ When wearing a Faja, avoid wearing high heels.
- ⦿ Check to ensure the Faja is not too tight. If your legs tingle, feel numb or turn bluish, loosen the knot to encourage more circulation.
- ⦿ Avoid high impact, strenuous activity during the time that a faja is required.
- ⦿ Avoid lifting heavy objects.

To make a Faja

- ⦿ Calico cotton works best. Avoid synthetic fabric.
- ⦿ 3-4 metres long by half a metre wide or 10-13 feet long by 20 inches wide.
- ⦿ The material should be long enough to wrap around your hips twice, plus enough left over to tie a knot.

How to wear a Faja

Faja can be worn under or over your clothes.



Find the middle of your Faja and position it to the middle of your pubic bone.



Wrap the Faja smoothly over your hips towards your sacrum, taking care not to have any folds in the fabric.



With your hands positioned behind you at your sacrum, twist the Faja and return the same ends of the fabric back to your pubic bone.



Secure the faja with a flat knot that will best supports your uterus.



Tuck any remaining loose fabric in.



Keep your abdomen and kidneys warm whilst wearing your Faja.

Take a look at this video which shows you how to position and wear a Faja:

<https://vimeo.com/515859551>