



Women's Health Resources

INFOGRAPHICS



Breast Health

English

Francais

日本語

Italiano

Espanol

Brazilian

Mandarin

Portuguese



Pelvic Health

English

Francais

日本語

Italiano

Espanol

Brazilian

Mandarin

Portuguese



Period Health

English

Francais

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PELVIC HEALTH WHAT YOU NEED TO KNOW

Good health relies on the working of the pelvic floor muscles and associated organs such as the bladder, uterus and bowels.

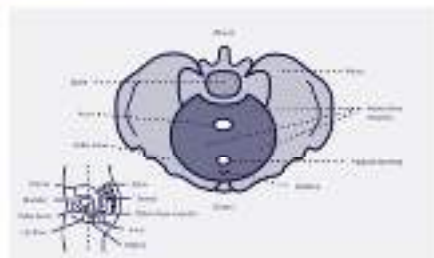
The pelvic floor is responsible for all urinary and bowel control, and is a key part of your overall health.

Understanding and addressing pelvic health is crucial for all women, including athletes, to ensure overall wellbeing and prevent performance issues in sports like rugby.



WHAT IS THE PELVIC FLOOR?

The pelvic floor is made up of muscles and connective tissues that support pelvic organs, prevent bladder or bowel leakage, and in bladder and bowel emptying, and support sexual function.



HOW POOR PELVIC HEALTH CAN AFFECT PERFORMANCE

Surprisingly, pelvic dysfunction can affect women who've never been pregnant, including athletes playing contact sports like rugby where up to 75% may experience urine leakage.

These symptoms can disrupt athletic performance, leading to avoidance of contact activities and impacting self-esteem and confidence.

SIGNS OF PELVIC FLOOR DYSFUNCTION

Pelvic floor issues occur when these muscles do not function correctly.

If you experience any one of the symptoms, you should consider seeking support and treatment from a health professional such as a pelvic health physiotherapist.

POSSIBLE SYMPTOMS

- Urine leakage or bladder control issues during exercise or everyday activities
- Bowel pain or difficulty with bowel movements or general bowel health
- Low back pain or aching, particularly after physical activity
- Feeling of heaviness or pressure in the pelvic area
- Difficulty with sexual function or pain during intercourse
- Feeling of incomplete bladder or bowel emptying

WORLD RUGBY

PLAYER WELFARE RESOURCE | PELVIC HEALTH

BREASTS WHAT YOU NEED TO KNOW

Understanding your breasts and how they change while you mature is important. Girls normally start to develop breasts between the ages of 7 and 13, and breast size and shape can change throughout your life, with many women noticing changes at the start of their menstrual cycles.

In order to maintain good breast health, it is important that you regularly examine your breasts and seek the advice of a medical professional if you have any concerns.

Breasts can be unique in shape and size. You may find that each of your breasts are slightly different so it's important to know them well.



CHOOSING THE RIGHT SPORTS BRA

Poor bra choices can lead to breast injuries, so it is important to ensure that you have a properly fitting sports bra.



1. COMPRESSION
This bra type is designed to compress the breasts together to reduce movement.



2. ENCAPSULATION
This bra type is designed to support the breasts from underneath to reduce breast movement.



3. COMBINATION
This bra type offers a good mix of compression and encapsulation to support the breasts and reduce movement.

FITTING A SPORTS BRA

Here are four simple steps to fitting a sports bra.



STEP 1 - UNDERBAND
The underband is what provides support. It should sit on the bottom of your breasts and not dig into your skin.



STEP 2 - STRAPS
Use your fingers to make sure the straps fit comfortably over your shoulders and are not too tight or too loose.



STEP 3 - CUPS
Adjust the cups so they fit your breasts and are not too tight or too loose. They should be comfortable and supportive.



STEP 4 - CENTRE
Check the centre of the bra to make sure it is not digging into your skin and is comfortable.

WHAT TO LOOK OUT FOR IN A SPORTS BRA

Rugby is high-impact activity so you should opt for a high-support sports bra. A combination bra is likely the best option as it offers the most support, stability and ventilation.

WHAT CAN I DO?

- Look for a sports bra with good support and ventilation.
- Look for a sports bra with a wide underband and straps.
- High-impact sports bras are the best option.
- While playing sports, you should wear your sports bra.
- Remember to check the fit of your sports bra regularly.
- Check your sports bra for any signs of wear or damage.

WORLD RUGBY

PLAYER WELFARE RESOURCE | BREASTS



LONG FORM RESOURCES



Breast Health – long form resource

English

Espanol

Francais



Period Health – long form resource

English

Espanol

Francais



Pelvic Health – long form resource

English

Espanol

Francais



Sports Bra Fitting Guide – long form resource

English

Espanol

Francais

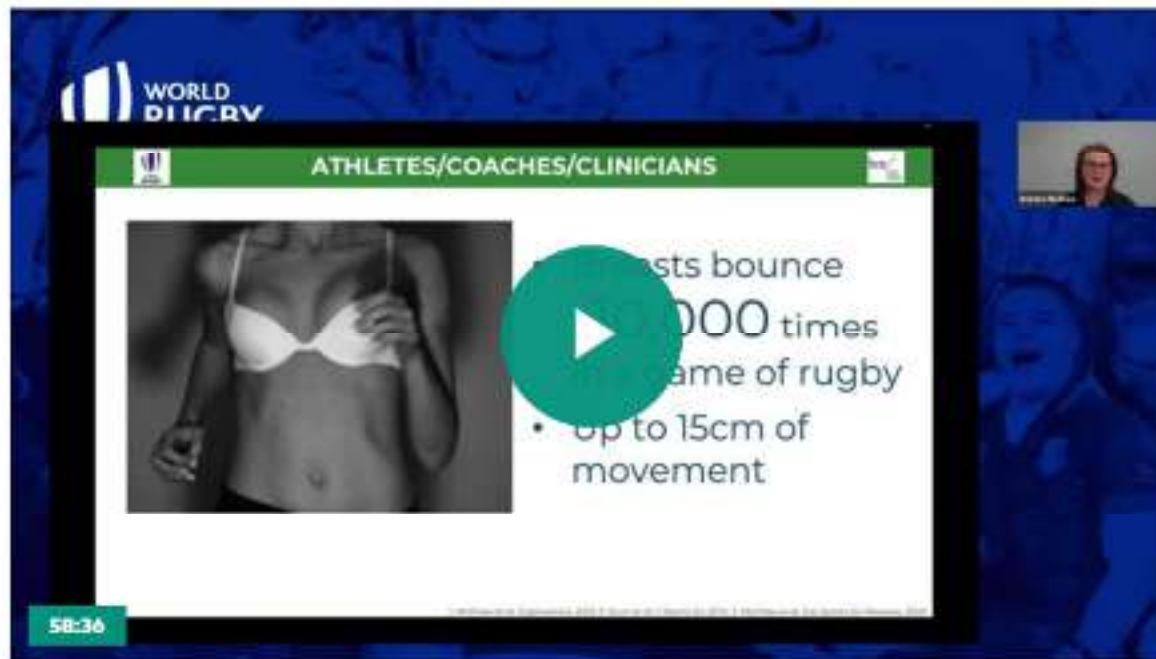


WOMEN'S HEALTH WEBINARS

Webinar Series: Essential Information For Every Player, Coach, And Support Staff

The Women's Health Webinar Series is a quarterly initiative aimed at sharing vital knowledge on women's health topics within rugby. It offers practical tools to enhance performance and navigate sensitive conversations with confidence. These webinars are designed for *everyone* involved in women's rugby worldwide; players, coaches, conditioning and medical staff, and broader team management.

Webinar 1: Breast Health



Hosted by **Diedre McGhee**, Associate Professor at the University of Wollongong and Co-founder and Director of **Breast Research Australia (BRA)**.



Correct Sports Bra Fitting



- **Sports Bra Tool:** An evidence-based resource to help you select a sports bra that is well-fitted, supportive, and comfortable.
- **Breast Support Resources:** Additional resources to support breast health in sport from BRA and the University of Wollongong.
- **Breast Health Infographics:** Downloadable resources for teams and athletes.

A sports bra is
essential
sporting
equipment for
female athletes
and active
women

Enter your bra size, age, and the
level of breast movement during
physical activity to get personalised
recommendations on the sports bra
styles best suited to your body and
support needs.

I usually wear a

☐ Crop top

☒ Bra with cup

Region

AU

Band

12

Cup

B

Your age bracket

☒ < 30

☐ 30 to 45

☐ > 45

Breast movement during exercise ⓘ

☒ Small

☐ Moderate

☐ Large

THE FUTURE

