

Back to home

Login Register

28 Sept 2007

Search the Mail online

Advanced Search

Go

Main sections

Health Diet & fitness

Diet & fitness

Health

Women & family

Jane Clarke

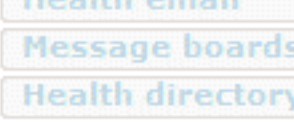
My Operation

Health email

Message boards

Health directory

TODAY'S POLL



Which party do you trust the most to reduce immigration?

Partners

Cut your bills

Diet centre

Mail wine club

Dating

Money shop

DVD rental

Free online games

Find me a job

Find a holiday

Find a home

Find me a date

Find me a car

Health tools

Breast Checker

Pregnancy Guide

Six week workout

Ovulation Calendar

Health calculator

Galleries

Sports bras

Tooth products

Crowded womb

All health galleries

Quizzes

Breast cancer

Dementia

The whole tooth

All health quizzes

Advertorials

The new John Grisham

Book

Beauty Secrets

Gem Day at QVC

Kathy Reichs

Competition

Elastoplast Spray

Plaster

Clairal Hair Academy

The Mephisto Club

Ads by Google

Shock Absorber B102 Bra

B102 Shock Absorber Bra, All Sizes, Free Returns, Fast Delivery

www.BoobyDoo.co.uk/B102

Designer Bra Straps

Exquisite beaded bra straps Will fit onto any 4 way bra

www.thestrapshow.co.uk

Buy Bra Straps

Find the lowest prices. Compare UK retailers, get great deals!

www.dealtime.co.uk

Bra uk

Must have fashion to make you look and feel fab with fast UK delivery

www.additionsdirect.co.uk

RSS feeds

RSS DIET & FITNESS

What is RSS?

All our RSS feeds

Login

Register

Text-based site

Accessibility

Contact us

Need help?

Site map

Make us your homepage

VIRTUAL GLOBAL TASKFORCE

Internet safety

Which is the star sports bra?

By ANNA HODGEKISS - More by this author Last updated at 10:41am on 18th September 2007

Comments (9)

You might think that your sports bra offers proper support as you pound the treadmill - but it seems that it could be doing you more harm than good.

Research published last week found that exercising while wearing the wrong type of sports bra, or an ill-fitting one, caused breast pain in up to 60 per cent of women, putting some off exercise altogether.

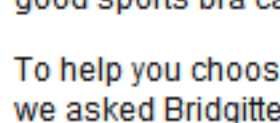
The breasts are supported by the Cooper's ligaments - a collection of connective tissues at the front of the breast. Frequent exercising without proper support can break down the ligaments and cause permanent sagging.

A bad bra can also lead to tension and strain in the upper back and neck, and subsequent weakening of the muscles in these areas. A good sports bra will not only help prevent this damage but may also be good for any woman suffering from breast pain unrelated to exercise.

Dr Joanna Scurr of the University of Portsmouth, author of last week's research, explains: 'There are three types of breast pain: exercise-related, hormone-related and permanent pain, which some women get for no reason. A good sports bra can help in each case.'

To help you choose the best sports bra, we asked Bridgitte Swales, of the Sports Performance Assessment and Rehabilitation Centre at Roehampton University, to analyse the most popular High Street brands. Each bra was worn by a runner with a 34D chest.

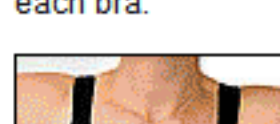
Then, using specialist computer software, she was checked for horizontal and vertical breast movement (the less movement, the better). We then rated each bra.



BERLEI SHOCK ABSORBER, £32.99 (Rigby & Peller, 0845 076 5545) CLAIM: 'The Shock Absorber works with your body. Research has shown that a Shock Absorber

reduces 3D breast movement by up to 74 per cent.' MOVEMENT: Vertical 6cm; horizontal 2cm. VERDICT: Bridgitte Swales says: 'This is an "encapsulation" bra, which research has shown is usually better at supporting the breasts during exercise than

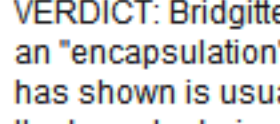
"compression" bras. Encapsulation bras look more like an everyday bra, with moulded cups to separate the breasts; while compression bras compress the breasts against the chest wall. 'The thick straps and the "racer" back provide good extra support. However, disappointing amount of movement.' Rating: 6/10



ENELL: Get Serious, £37.99 (www.lessbounce.com, 08000 363840) CLAIM: 'This is designed to enable largerbreasted women to exercise in comfort.'

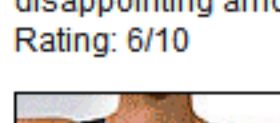
MOVEMENT: Vertical 3cm; horizontal none. VERDICT: 'A serious sports bra - one of the compression models. And compress it definitely does, to the point where I feared the tester's blood might stop. 'It's designed like a corset, with ten fastening hooks at the front. It was tight around the ribcage and left marks on the tester's skin, so could become uncomfortable. On the plus side, there was very little movement - the best performer in this test.

'High chest coverage means it cushions the pectoralis major (the muscle the Cooper's ligament comes off) and its thick, supporting straps make it good for big-busted women.' Rating: 9/10



ROYCE: IMPACT FREE S644, £28 (Bravissimo, 01926 459859) CLAIM: 'The motivating maximum support sports bra.'

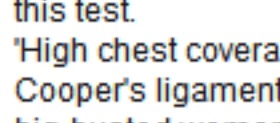
MOVEMENT: Vertical 7cm; horizontal none. VERDICT: 'It fits well around the ribcage and has a good, secure fastening, with hooks and Velcro. But this crop-top type of bra offers very little support. The tester's 34D breasts were moving considerably, even at a walking pace. 'In the running test, this was not much better than wearing a normal bra. In tests, the breasts had most movement when wearing this bra.' Rating: 2/10



PANACHE 2001, £31.99. (www.lessbounce.com, 08000 363840) CLAIM: 'Provides excellent comfort and support.'

MOVEMENT: Vertical 4cm; horizontal none. VERDICT: 'The fit is extremely tight around the ribcage, which caused pain when running. Tightness around the ribcage is not good because it could put unnecessary pressure on the xiphoid process - a small piece of cartilage at the lower part of the sternum - making the exerciser feel sick.

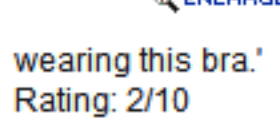
'This bra did not fit the tester well - it was too big. But the fact it still only allowed 4cm of movement (one of the best scores) indicates it's structurally a good bra. It is cut quite high on the chest, so the pectoralis major will be supported.' Rating: 7/10



SPORTJOCK SUPER S'PORT BRA, £24.99 (www.lessbounce.com, 08000 363840) CLAIM: 'The most comfortable bra you'll ever wear.'

MOVEMENT: Vertical 6cm; horizontal none. VERDICT: 'This compression bra is very comfortable and resembles the more traditional crop-top-looking sports bra. It has a good depth at the side and a lot of elasticised "give" around the ribcage. 'Although it's one-size-fits-all, it's very stretchy, so probably will suit all shapes.

'However, it was not very good in the support stakes: the vertical movement while running was very visible and one of the highest in our test, putting unnecessary strain on the delicate breast tissue.' Rating: 5/10



CHAMPION ACTION SHAPE MODEL 072, £30.99 (www.lessbounce.com, 08000 363840) CLAIM: 'Gives great support for average-tofuller figures.'

MOVEMENT: Vertical 4cm; horizontal none. VERDICT: 'Essentially a compression bra, but also slightly encapsulated and supports the breast well. 'The compression provides a good, snug fit across the chest, supporting the muscles. 'Thick, adjustable straps provide extra support. The fit is good and the ribcage is not compressed.

'The aesthetics of this bra don't do it justice - it had one of the lowest vertical movements.' Rating: 9/10 MOVING COMFORT MAIA, £30.99 (www.lessbounce.com, 08000 363840) CLAIM: 'For full-breasted women, this bra is our most supportive.'

MOVEMENT: Vertical 6cm; horizontal none. VERDICT: 'This was the only sports bra tested where you could tell it was underwired and I'm unconvinced of the wires' usefulness. This bra had one of the highest movement rates, so it seems more of a gimmick. 'The fit around the ribcage was firm, but that was about the only place it fitted well. 'The sturdy three-hook fastening was good, but the straps weren't adjustable, leading to a less-than-perfect fit and no option to do anything about it. This might explain why the breasts were so unsupported.' Rating: 2/10



M&S EXTRA IMPACT, £20 CLAIM: 'Superior support and control you need for those highimpact workouts.'

MOVEMENT: Vertical 5cm; horizontal: none. VERDICT: 'The high chest coverage means the pectoralis major should be supported. Other pluses are the breathable mesh, sturdy support at the side and adjustable straps. 'But, surprisingly for an M&S bra of this size, it didn't fit well - emphasising the importance of trying a bra on before buying.

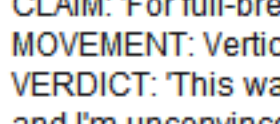
'Despite the problems of fit, there was no horizontal movement on the treadmill, and this bra ranked midway in the vertical movement stakes. 'However, it was difficult to put on because of the fiddly hook at the back, and you need to make sure the band around the ribcage is not too tight.' Rating: 5/10



TRIUMPH TRI-ACTION POWER MOVE W, £24 (Triumph, 01793 720300) CLAIM: 'Innovative underwired sports bra for highimpact activity.'

MOVEMENT: Vertical 4cm; horizontal 7cm. VERDICT: 'One of the best for cupping the breast. Looks like a normal bra, with the added benefit of a breathable mesh around the sides and racing back. 'But also acts like a normal bra: it was the worst performer in this trial, moving a record 7cm horizontally and 4cm vertically.

'That's not good enough when its packaging recommends it for a "high-impact activity".' Rating: 1/10



TRIUMPH TRI-ACTION EXTREME N, £27 (01793 720300) CLAIM: 'Firm wing support for stability and confidence.'

MOVEMENT: Vertical 4cm; horizontal none. VERDICT: 'Unlike the other Triumph model, this is an excellent sports bra. The breasts are perfectly encapsulated and there is sturdy support at the sides and back. The gel in the thick straps also makes it comfortable. 'The fact this was slightly too big for the tester and still had one of the lowest movement levels means it's ensuring the breasts are moving with the body, so supporting the Cooper's ligaments and preventing breast sag. It also looks good.' Rating: 10/10

Share this article:

What is this?

Digg it | Del.icio.us | Reddit | Newsvine | Nowpublic

Comments (9)

Add your comment | View all

9 people have commented on this story so far. Tell us what you think below.

Here's a sample of the latest comments published. You can click view all to read all comments that readers have sent in.

Female



Raising the roof lands Kate Garraway with a £100,000 bill

As a glamorous presenter on breakfast TV, Kate Garraway is used to having her diva demands satisfied - but her loft nursery has landed her in hot water



Husband number 9? Elizabeth Taylor declares her love for her new man

Hollywood icon Elizabeth Taylor could be heading for yet another trip down the aisle as she declared her love for a wealthy businessman she met last year in Hawaii



Posh jets in to comfort Beckham at his sick father's bedside

Victoria Beckham has jetted across the world to join her husband in a London hospital as he holds a bedside vigil for his seriously ill father



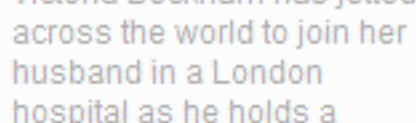
Will Ted Beckham's heart attack end bitter rift with his son?

He taught Becks how to play football - then made the mistake of falling out with Posh. So will Ted Beckham's illness bring peace after years of argument?



At 73, Brigitte Bardot, the greying goddess

In her heyday she was an international sex symbol. Nowadays Brigitte Bardot has an altogether more sombre public image



Natalie Portman bares all in steamy Asian romance

Natalie Portman made me go 'wow' - and that was a first. What was it about her in Wes Anderson's Hotel Chevalier - a 13-minute, short-film prequel to his impressive feature-length movie The Darjeeling Limited - that got my attention? writes BAZ BAMIGBOYE



GET 30 DAY LOVEFILM! FREE UNLIMITED DVD RENTAL