

BREAST HEALTH & BREAST INJURY



BRA FIT

Regardless of your breast size it is important to wear a high support, correctly fitted sports bra to maximise performance, support your breasts & minimise breast pain & injury risk.



WHAT CAN YOU DO?

Talk to your team physio if you have one, or use the free evidenced-based online tool Sports Bra (via QR code below) to find the best bra for you.



BREAST PAIN

Can be the result of hormonal changes through your cycle, excessive breast movement during exercise, especially running or jumping, and chafing from poorly fitting bras.



WHAT CAN YOU DO?

Speak to your GP or team healthcare staff if breast pain or chafing is affecting your training or performance. Research has found that supportive, correctly fitted sports bras are effective to relieve breast pain & prevent chafing to the skin. Consider protecting your skin if chafing is a concern with tape, lubricant or anti-chafe cream.



BREAST INJURY

Breast injury results from direct impact to the breast that results in pain, swelling and bruising. Breast injuries are not uncommon in contact sports.



WHAT CAN YOU DO?

Ice the breast and make sure you wear good support after an injury. Talk to your GP or physiotherapist about how you can speed up recovery. They can also advise you how to protect your breasts if you have implants or are breastfeeding & on breast protective equipment options & research.



KNOW YOUR BREASTS

It's important to know the "normal" look & feel of your breasts including if/how they change during your cycle. This will help you monitor your breast tissue if you have a breast injury. Importantly, research has found no link between breast injuries and breast cancer.



WHAT CAN YOU DO?

Regularly check your breasts. If you experience any breast injuries that cause a change in the look or feel of your breasts or if you notice any change to your breast speak to your club doctor.



FURTHER INFORMATION

Sports Bra Breast
Research Australia
bra.edu.au



FURTHER INFORMATION

Breast Health Module,
AIS Female Performance Health Initiative
ais.gov.au/fphi



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