

Sports Bra's for Ballers

The breasts themselves do not have muscles that support them. They are made up of fat and glands. The Breast tissue sits on top of the chest wall and pectoral muscles. This lack of support means that wearing the wrong type of sports bra for basketball can impact health and performance.

Having a poor-fitting sports bra can impact health and performance

Not having the correct support or an ill-fitting sports bra could lead you to experience:

- Excessive movement
- Soreness
- Pain (breast tissue and back)
- Chafing
- Breast sag
- Altered running and movement patterns
- Reduced performance

For some, these symptoms can be embarrassing. Unfortunately, research has shown that this stops some girls and women from even participating in the sport.



Myth:

It is a myth that only women with large breasts experience these symptoms and need to wear a sports bra

There are 5 key components to think about when finding the best fit for your sports bra:

- Underband
- Shoulder Straps
- Cups
- Centre front
- Underwire



Sports bras should fit slightly snugger than your everyday bra but you should still be able to breathe deeply and comfortably.

It is important to calculate your bra size each time you purchase a new sports bra. Your bra size will change a number of times over your lifetime. Body changes such as weight loss or gain, pregnancy, hormones and ageing will affect bra size.

If you haven't measured yourself lately, use the full guide at <https://hrmbasketball.com/choosing-a-sports-bra-the-basketballers-guide/>

Underband gives most of the support and not the shoulder straps

The underband should be level all the way around the body and be a snug fit. You should be able to fit 2 fingers under the band

Shoulder straps – 2 fingers rule

Not tight so they dig and not loose so they slip off. It is ok if the straps are adjusted to different lengths

Cups – breasts shouldn't spill over – if too loose there will be wrinkles in the fabric

Centre front – should sit flat against the chest

Underwire – shouldn't sit against the breast tissue or under the arms – you can check by pushing the underwire to see if anything is squashed

Top tip: run on the spot, jump around, hop, pivot and lift your arms up in the changing room when trying to on a sports bra

