

If you have back pain, you should review your bra

Wearing the wrong bra is not only a cosmetic problem, it is also harmful to your health

About 80% of women wear bras - the wrong bra size is due to not caring about wearing underwear underneath. The consequences of wearing inappropriate underwear are not only cosmetic problems, but they are also harmful to your health.

This is what bras - the wrong bra size can do to you.

first

Back pain and neck pain



Back pain and neck pain

Wearing a bra doesn't cause back pain, but wearing the wrong bra size can cause problems. If you are wearing a bra that is too tight, it will restrict your upper body movement and cause stiffness in your back.

The place around bra straps is often stiff and this can lead to back pain. The neck and shoulders are connected by a muscle called the trapezius, and an ill-fitting bra lacks the support and distribution of force for chest support. This leads to tightening of the trapezius muscle as it supports the weight of the chest, which can lead to neck, shoulder, and back pain.

2

Uncomfortable and scratchy skin



Wearing bras that are too tight will be uncomfortable and scratch your skin. If your bra is too tight, it can damage the skin and reduce blood circulation, as well as feel uncomfortable.

This doesn't just apply to larger cup sizes, it's equally important to wear the right bra size for smaller breasts as wearing the wrong one can lead to sagging and chapped breasts.

Your bra should not move throughout the day. The bandage should be firm enough to sit in place, but if it's too big, your bra will move and this causes rubbing against your skin, which can cause irritation.

3

Shortness of breath



Tight bras make it hard to breathe

You probably won't experience much shortness of breath if your bra is too tight, but the quality of your breathing will decrease. Because it affects breathing and you are more likely to be a shallow breather. This can affect the oxygen and carbon dioxide levels in the blood.

4

Chest pain when exercising



Chest pain when exercising due to wearing the wrong bra

If you've ever tried to exercise with a regular bra or no bra, you know the pain that comes with big or small breasts. The reason is because your breasts will move about 8cm during moderate exercise. If that movement is not supported, it is not uncommon for you to feel pain afterward.

A properly fitted sports bra will reduce breast movement by up to 83% compared to 35% of a regular bra.

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