

Posture Fitting
feel, move, look better

THE BOOBY
Physiotherapy

The b  by traps of breast weight management
(and its Impact on the Biopsychosocial Health and Wellbeing of Women and Girls Throughout their Lifespan)

Siobhán O'Donovan, aka The B  by Physio

**Friday,
Oct 17th 2025**

WORLD FEDERATION OF ATHLETIC TRAINING AND PHYSIOTHERAPY
ELEVATING AND UNITING SPORTS MEDICINE
DUBLIN | 14-18 OCTOBER 2025

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COMMON, BUT NOT NORMAL!

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Why do we accept this as inevitable?

Why are these images almost always of women?

“Unfortunately, there’s another elephant in the room.”

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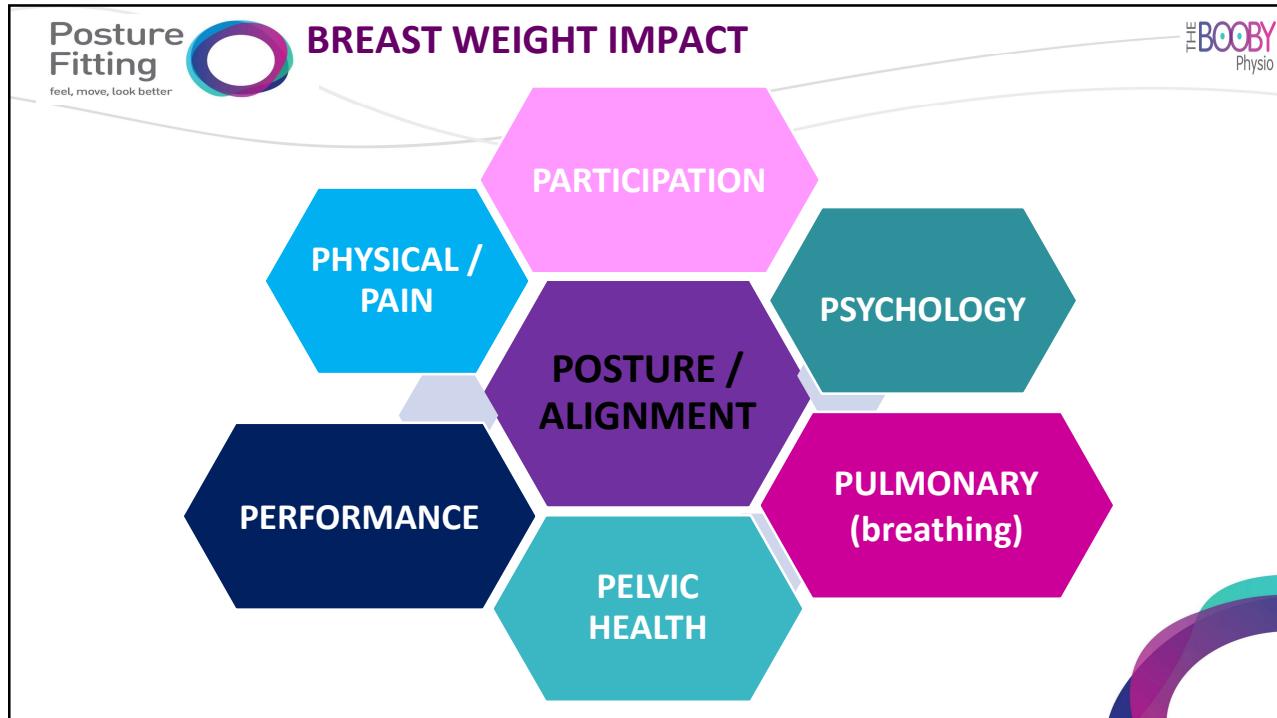
BREAST WEIGHT IS A SIGNIFICANT LOAD!

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	1088ml = ~1kg 28E, 30DD, 32D, 34C, 36B, 38A	Average breast weight 750gs
	1533ml = ~1.5kgs 28F, 30E, 32DD, 34D, 36C, 38B, 40A	
	2136ml = ~2kg 28GG, 30G, 32FF, 34F, 36E, 38DD, 40D, 42C	Breasts can move up to 19 cms vertically Breast weight x 8 while running > F1 G forces
	3957ml = ~4kg 32K, 34JJ, 36J, 38HH, 40H, 42GG, 44G, 46FF	

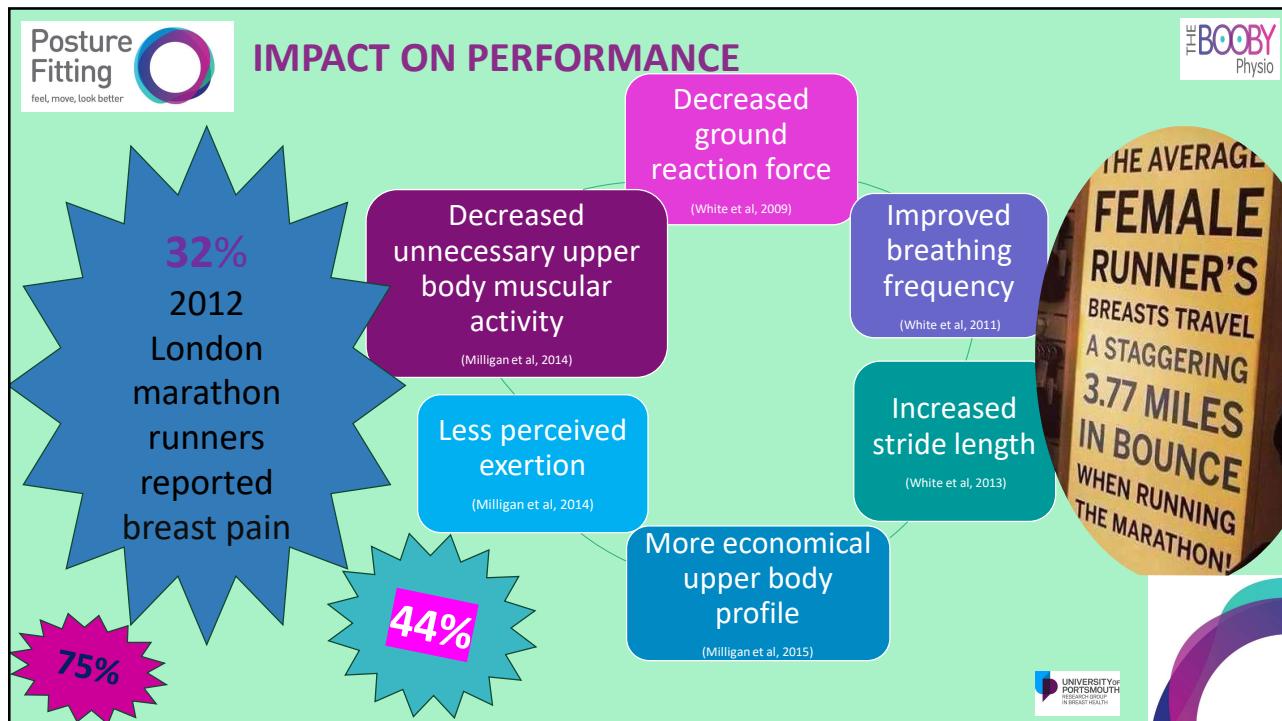
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HOW DO WE DECREASE THE LOAD?

"A proper bra"

Bra-fit failures:
Own bra: 100%
Professionally-fitted: 90%

PostureFitting is a sustainable external & internal uplifting of breast & body weight

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BEFORE + EXTERNAL + INTERNAL



BEFORE + INTERNAL + EXTERNAL

Breast reduction surgery

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SUPPORTING GALS against GRAVITY!

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Posture **Breasts** **Bras** **Bra Fitting**

DIY:
manage your own breast weight, internally & externally




Before & After
Posture Fitting



Posture Fitting Partner

EMPOWER **EDUCATE** **ENLIGHTEN**

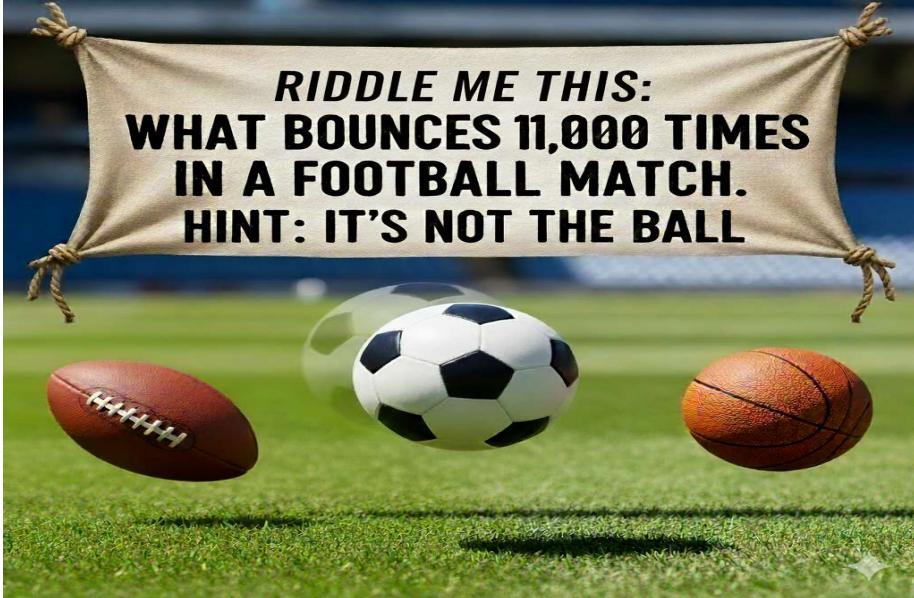
Join the GALS against GRAVITY
  @posturefitting
www.posturefittingphysio.com

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**RIDDLE ME THIS:
WHAT BOUNCES 11,000 TIMES
IN A FOOTBALL MATCH.
HINT: IT'S NOT THE BALL**



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FANCY LEARNING MORE?

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(which is +353 87 POSTURE, I nearly got BOOBIES 🥺 😊)
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- *Linked In: PostureFitting, also Siobhan O'Donovan*
- www.posturefittingphysio.com
- *FB & X: PostureFitting*
- **IG: posture.fitting (also searchable under Booby Physio)**

Time to let gravity know who's boss!



*Join me on my
Gals against Gravity
workshop (online), to help
both stamp out and prevent
this assumed inevitability*

Posture Fitting Partner

Invitations to become a PostureFitting Partner – and yes, we are global! – are issued following attendance at the Gals against Gravity workshop

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