

# Timeline of Bra Evolution



## Ancient Greece

Apodesmos (fabric band)



## Middle Ages

Bodices, corset beginnings



## 1914—19th Century

First patented bra  
(Mary Phelps Jacob)



## 1920s

Flapper era flattening bras



## 1930s

Underwire introduced



## 1940s—50s

Bullet bras, push-up styles



## 1977

First sports bra



## 1990s

Minimalist lingerie trend