

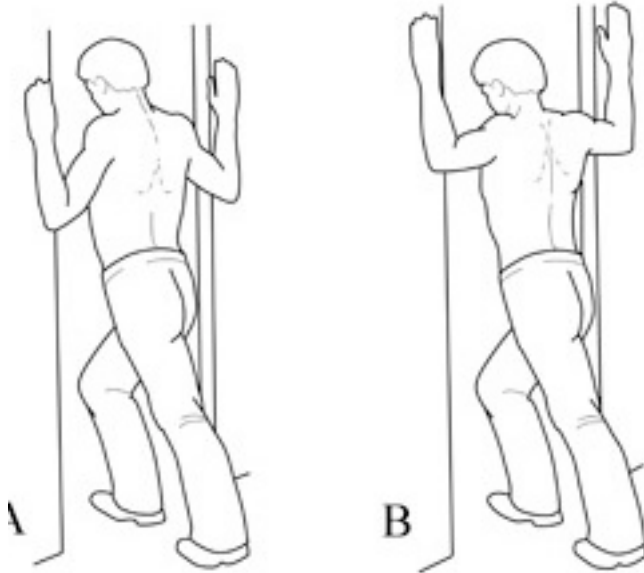


Postpartum Exercises

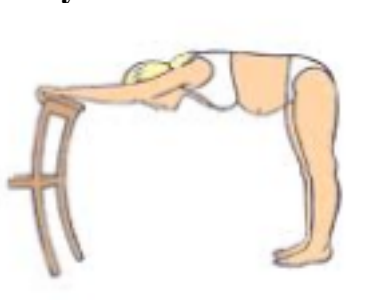
0-8 weeks

- 1. Kegels- Imagine a wire connecting from your rectum to your pubic bone by 20%. Hold this connection for 10 seconds as you breath normally. Perform 10 times. Perform several times throughout the day. You should not have pain.**
- 2. Transversus- Imagine a line connecting your two front pelvic bones together by 20%. Hold this connection for 10 seconds as you breath normally. Perform 10 times. Perform several times throughout the day. You should not have pain.**
- 3. Diaphragmatic breathing-As you take a breath in let your belly fill with air and expand out. As you take a breath out let your belly relax. Perform throughout the day.**

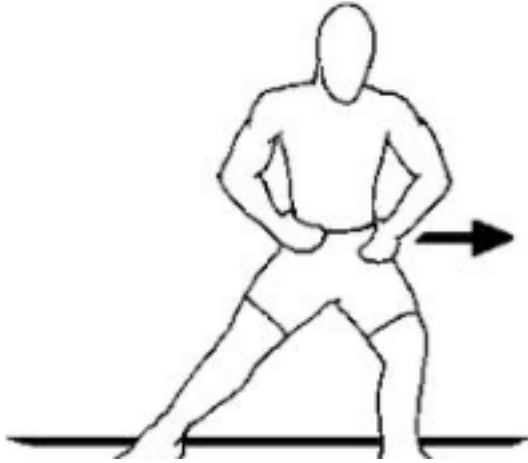
- 4. Doorway stretch- Situate yourself like the picture below and gently you will feel a stretch in your chest. Hold for 30sec-1 minute breathing. Perform several times throughout the day.**



- 5. Flat Back Stretch-Lean forward using your arms to hold a chair. Keep back flat and roll the arches of your feet up onto the outside of the foot. Hold 5 seconds. Repeat 10x. Perform throughout the day.**



- 6. Inner Thigh Stretch-Gently lunge to one side to feel a stretch on the straight leg inner thigh. Hold 30 sec- 1min. Perform throughout the day.**



7. Neck Stretches-

- a. Head to opposite armpit- Position yourself like the picture shown below. Hold for 30 sec-1min. Perform throughout the day.**

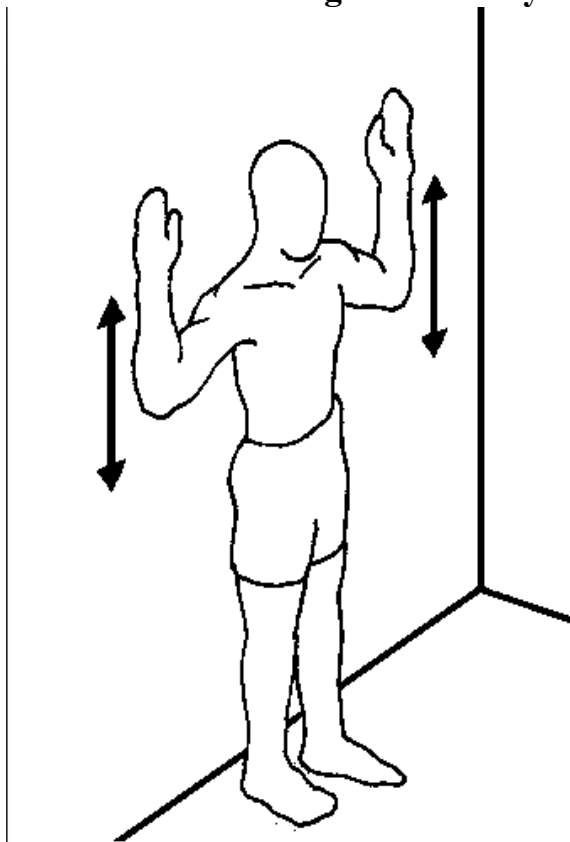


- b. Head to opposite shoulder stretch- Position yourself like the picture shown below. Hold for 30 sec-1min. Perform throughout the day.**



8. Wall Angels

Stand against a wall with elbow touching the wall. Do not worry if you cannot bring your arms and hand flush to the wall. Move them up and down as if creating an angel type figure on the wall. Perform 10x. Perform throughout the day.

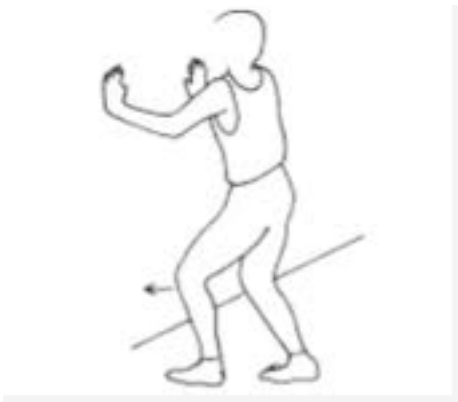


9. Calf stretch with knee straight and bent- Stand with position as noted on pictures below. Hold 30sec-1min. Perform several times throughout the day.

a.



b.



8+ weeks: If painfree and no bleeding. Perform two tests to see if you are ready for going back to your regular exercise routine. If positive then seek referral to a physical therapist:

Curl up tests

Lay on your back and place two fingers under your navel in the midline of your belly. Curl your head up and shoulders.

Leg lift Test

Lay on your back and lift one leg up off the ground.

With both of these tests you are positive if you:

- a. If you have more than 1 finger separation at the midline of the belly under the navel, above the navel, line between the navel and pubic bone**
- b. If you have pubic bone pain**
- c. Bulging of the abdomen**
- d. Feel the opening of the vaginal region. If you feel bulging.**

(These instructions are courtesy of Diane Lee and the Physical Therapy Association of British Columbia)