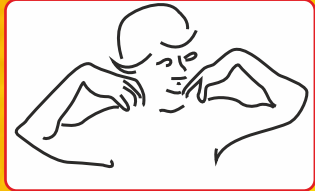


- Straight neck
- Tuck chin in
- Role arms out
- Contract abdomen to flat and back
- Stand straight (as tall as possible)

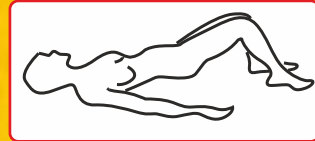
9. Shoulder bracing:



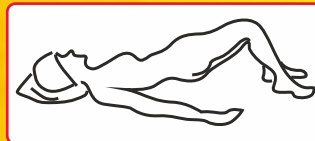
Phase II:

Repetitions: 5 times

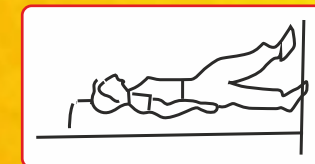
10. Pelvic bridging:



11. Pelvic twist:



12. Straight leg raising:



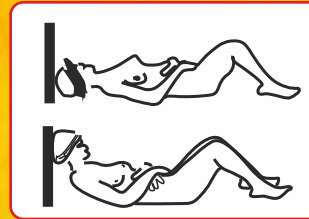
Phase II:

13. Diastasis:

13.

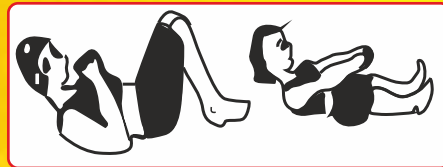


Corrective Exercise



Abdominal Exercise

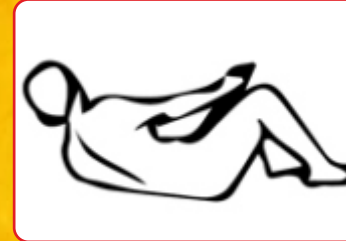
14. Neck Rise



15. Straight curl ups:



16. Diagonal curl ups:



17. SLR + neck raise



SANTHOSH HOSPITAL
FOR PILES AND PROCTOLOGY

Postnatal Exercises
(Normal Delivery)

TC Road, Thalassery - 670101, Kerala (South India)
Phone: 0490 2342702, 2326162, 2329006, 2343469
Email: info@santhoshhospital.org
www.santhoshhospital.org

POSTNATAL EXERCISES

Uses

- Increase Wellness
- Increase muscle tone, strength and endurance
- Decreased risk of blood clot and swelling.
- Decrease fatigue
- Prevention of low back pain, diastasis recti, and urinary incontinence
- Improve your posture
- Improve your sleep
- Psychological benefits - improved mood, body image, self esteem and reduction of post-partum depression

Post-Partum Exercise Guideline:

1. Stop exercising if bleeding increases or bright red blood appears.
2. Avoid exercises that raise the hips and pelvis above the chest
3. Avoid jerky movements, extreme stretching, and heavy weight lifting for 12 weeks
4. Provide good support to the breasts during exercise, especially if nursing.
5. Nursing mothers should feed the infant before exercising to avoid discomfort.



6. Be sure to check for separation of abdominal muscle. (three days after delivery) before starting abdominal strengthening exercises.

7. Progress to the next phase of exercises, as you are comfortable.

8. Do not hold your breath during exercising.

Vaginal Delivery:

Phase I:

1. Breathing Exercises

Position- Lie on your back with knees bent. Repetitions-5-10 time

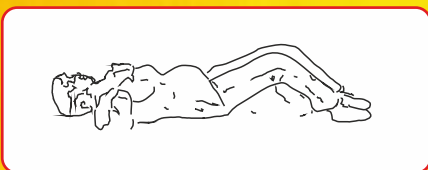
Diaphragmatic Breathing Exercises

Place hands on the abdomen. Inhale through the nose and feel the abdomen rising. Exhale through mouth and feel the abdomen coming down:



II. Upper chest expansion exercise

Place both hands on the upper chest. Inhale through nose and feel for the expansion of the chest. Exhale through mouth.



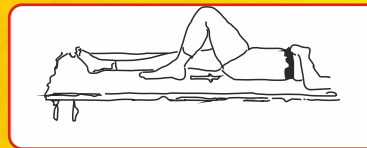
2. Ankle toe movements:

Lie on your back. Stretch, bend and rotate the foot



3. Knee bending exercises:

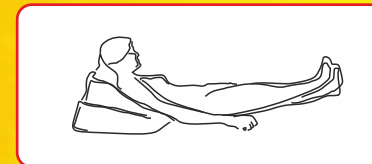
Lie on your back. alternately bend and straighten your knees



4. Leg bracing:

Position: Legs straight with ankles crossed

Tighten legs from feet to buttocks and press your knees down. Hold for 5 seconds and relax.



5. Pelvic Floor exercise:

Empty your bladder before exercising. Tighten the pelvic floor muscles as if attempting to stop urine flow. Hold for 6 seconds and relax for 6 seconds. Repetitions:3



s. sessions. Each session 5 minutes.

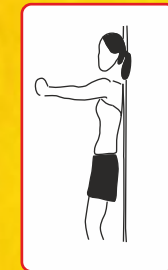
6. Pelvic Tilt:

Lie on your back with knees bent. tighten your abdominals and try tilting your pelvis backwards and flatten low back, without holding your breath. Hold for 5 seconds and relax

Repetitions: 5-10 time



7. Upper Back Stretch:



Extend arms out in front of chest at shoulder height. Interlock fingers with palms facing away from body. Reach forward while maintaining an upright posture. Hold position between six and ten seconds.

8. Postural Correction:

