

Exercise Guidelines

- After having your baby, remember to rest and recover, giving your body and yourself the time it needs to heal. Ideally rest on your back or side with the support of pillows.
- Remember to drink plenty of water and go to the toilet regularly every 2-3 hours the days after having your baby.
- If you had surgery, remember to keep bandages and pads clean and fresh and the wounds clean and dry. Speak with your Physiotherapist on advice on how to get in and out of bed and look after your body post surgery. It can take 6-8 weeks for the stitches and wounds to heal. If you are concerned about the wound, speak with your GP or seek medical advice or examination as soon as possible.
- When your body feels ready, start to do some gentle walking pulling in through the lower tummy muscles and standing tall.
- Start to rebuild your core once you are medically approved and ready to return to exercise.

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POSTNATAL GUIDELINES



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Pelvic Floor Exercises

Engaging: Tighten in the pelvic floor muscles as if stopping yourself from passing urine and wind. Make sure to **NOT** use the gluteal muscles, that they stay nice and relaxed.

Breathing: Inhale deeply right down as far as the belly and the lower rib cage, keeping all muscles relaxed. On the exhale slowly release the breath and gently engage the pelvic floor muscles. Practice for 2 minutes.

Exercise: gently contract the pelvic floor muscles. Count out loud and hold for 10 seconds and then slowly release allowing everything to relax. Repeat x20 Times. Vary position to challenge the muscles more - side-lying is easiest, lying on the back with knees bent, on all 4's, in a seated position and in standing (most difficult).

Core Exercise 1 - Pelvic Tilt

Lying on your back with knees bent, gently engage the core and press the lower back into the floor on the exhale. Inhale release. Repeat x20 times. You can use a loo roll/ball between the knees.



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Core Exercise 2 - Cat Stretch

On all 4s gently draw in tummy muscles and round lower back. Hold for 5-10 seconds while breathing and slowly release. Repeat x20 Times.



Core Exercise 3 - Table Top

Lying on your back with knees bent. Exhale & engage the core muscles & gently bring one leg up into a Table Top position, hip and knee to a 90 degree angle. Slowly lower the leg down on the inhale. Aim to keep lower back still & stable.