

DAY 3:

Continue Day 1 & 2 exercises.

1) Abdominal Wall Tightening

Lying flat on your back, place both hands on tummy and slowly breath in. Hold your breath for 5 counts. During your out ward breath contract your tummy in.



2) Pelvic Rolling

Lying flat on your back, bend both your legs then roll your lower part of body on either side counting till five (5).



HEALTHY TIPS

- Prefer a side lying position for rest and sleep.
- Get in and out of bed from side lying position.
- Eat nourished food regularly.
- Keep yourself hydrated.
- Walk regularly. This will also help your bowels to move.
- Avoid heavy lifting
- Avoid forward bending.
- If you had a caesarean delivery, your recovery time will be longer, so talk to your physiotherapist before starting anything too strenuous.

You can't look after your baby if you don't look after your self

For further information & follow up exercises please contact
Physiotherapy & Rehabilitation Services
Aga Khan University Hospital – Karachi
Contact 021 3486153132, -021 34861662

Your Next Appointment is on

Date: _____

Time: _____

Venue: _____

POST NATAL EXERCISES

For Normal Delivery / Cesarean Surgery



Womens Health Rehabilitation

Physiotherapy & Rehabilitation Services

ICN S216720

April 2013

 آغا خان یونیورسٹی ہسپتال، کراچی
The Aga Khan University Hospital, Karachi



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POST NATAL EXERCISE AND ITS BENEFITS AFTER CHILD BIRTH

It helps in

- Decreasing your pregnancy weight
- Speeding up your metabolism
- Strengthening your pelvic floor
- Strengthening your back
- Giving you more energy

IMMEDIATE EXERCISE AFTER CHILD BIRTH

- Start exercises as your Doctor/Physiotherapist advises after your child birth.
- Initiate walking as soon as you are ready to walk, which reduce the risk of respiratory complication and Deep Venous Thrombosis (a clot in your leg).
- Maintain good posture as advised by your Physiotherapist
- Exercises also help to relieve the symptoms of pain and reduces swelling.

DAY 1:

1) Deep Breathing Exercises (Purse Lip Breathing Exercise)

Repetition: 10 repetitions three sessions a day.

Place both hands on your chest, breathe in slowly through your nose keeping your mouth closed hold your breath for 5 counts then gradually take out your breath through your mouth.



2) Interdigital technique:

Clasp your hand and raise above your head as shown in picture. Breathe in through the nose keeping your mouth closed. Hold your breath for 5 counts and slowly exhale out through your mouth.



3) Coughing exercise:

Putt both hands firmly with a pillow or towel on the stitches, breathe in through your nose and then cough forcefully.



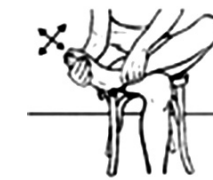
4) Calf Stretching

Move your ankle up and down in lying and sitting position.



5) Cross Leg Exercise

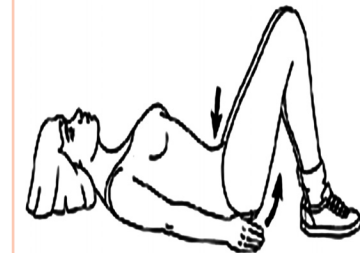
Place one leg over the other leg above the knee and move your ankle up and down.



DAY 2:

1) Kegel Exercises

The kegel exercises help in strengthening the muscles of the pelvic floor. Focus on tightening your pelvic floor muscles only, make sure not to hold your breath & no tummy tuck. This exercise can be performed in any position like sitting lying and standing.



2) Shoulder And Breast Stretching

Clasp both your hands in front, rotate your hands on the opposite side and stretch your arms. This activity will help you to reduce your pain and tightness of breast and shoulder.

