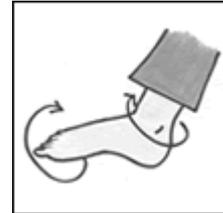
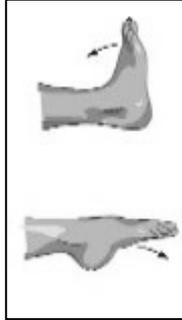


# Post Natal Recovery

## Circulation

To aid your circulation and help prevent blood clots in the veins:

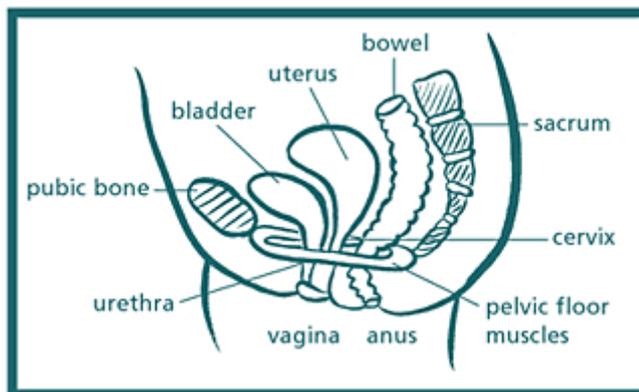


1) Pedal your feet 10x each & repeat often

2) Circle your feet 10x each

DO NOT sit or lie with your legs crossed

## Essential Pelvic Floor Exercises For Every Woman Every Day



**These muscles are designed to:**

- ② Support the contents of the pelvis.
- ② Prevent wet pants when you cough, sneeze, jump or change position.
- ② Control passing wind.
- ② Improve awareness and stimulation during intercourse.

## Pelvic Floor Exercises

How to "find" your pelvic floor

Pull up and tighten the muscles around your anus (back passage), vagina (birth canal), and urethra (front passage) as if you are trying to stop passing wind and water! HOLD and KEEP BREATHING. Let go slowly.

Try to do 4 contractions at a time. Hold the first tightening for as long as you can (2-10 seconds). Follow with 3 quick flicks (very fast tightenings). Always begin to pull up on an OUT breath and keep breathing.

**"DON'T HOLD YOUR BREATH or TIGHTEN YOUR TUMMY, THIGHS OR BOTTOM".**

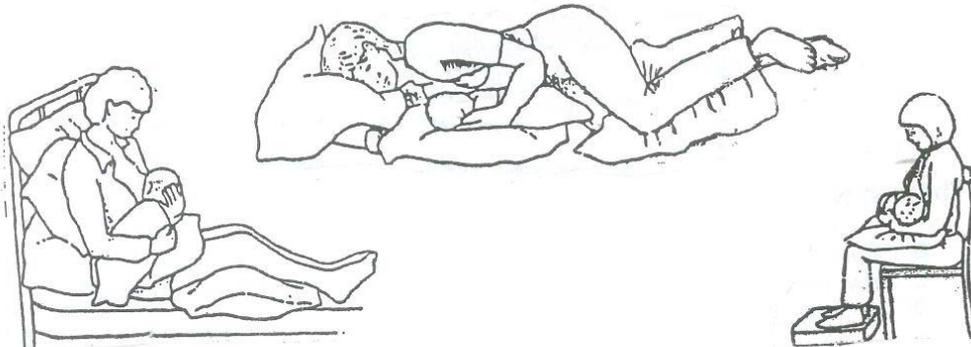
Practise both slow and fast pelvic floor contractions:

While changing your baby

- ⊗ While showering
- ⊗ Before you leave the toilet
- ⊗ Standing at the sink
- ⊗ Loading the washing machine

Remember to squeeze and lift your pelvic floor muscles whenever you cough, sneeze, lift and change positions.

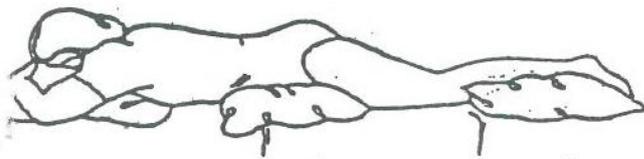
## FEEDING



Use pillows for support. Make yourself comfortable. RELAX.

## TUMMY TIME

Lie on your tummy for at least half an hour each day. This will relieve the pressure if your bottom is sore or stitched. It may also help to relieve after pains.

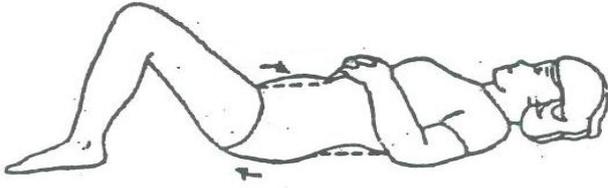


From Day 3 (Slowly from Day 5 after a caesarean)

## TUMMY EXERCISES

Never do an exercise if it hurts. Stop short of pain. Progress the exercise only when they are achieved easily without straining. Start with 5 of each and gradually increase to 20.

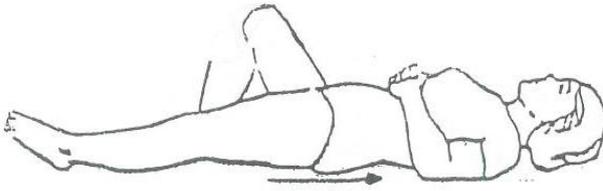
### 1) Pelvic Tilting



Pull in your tummy and flatten your back.

Hold slowly release, repeat.

### 2) Hip Hitching

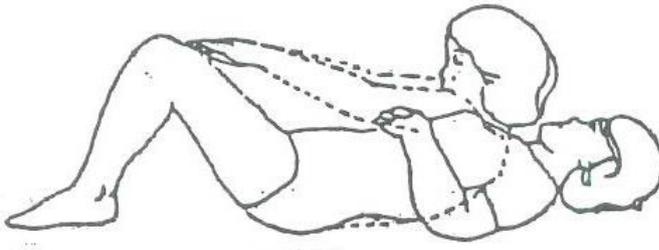


Draw left hip up to left ribcage.

Hold, slowly release, repeat.

Change legs

### 3) Forward Curl Ups



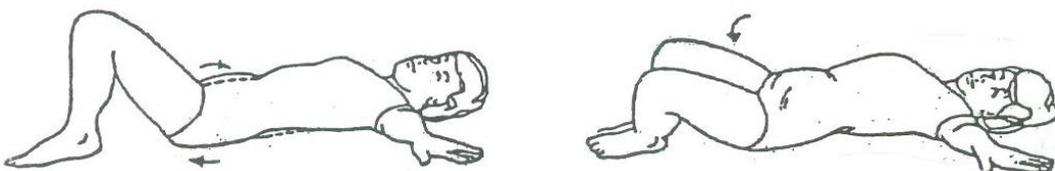
Tuck your chin on your chest, pull in your tummy and flatten your back.

Curl forwards and reach for your knees. Hold. Slowly release.

When you can do 20 easily progress to:

- ⊗ As above, curl forward to touch your knees.
- ⊗ As above, with arms folded across your chest- curl up slowly.
- ⊗ As above, with finger tips on shoulders- curl up slowly.

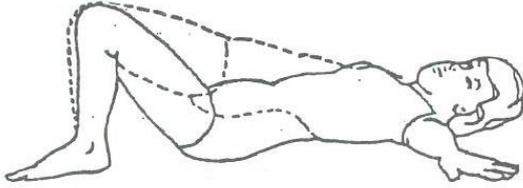
### 4) Knee Rolling



Tuck your chin on your chest, pull in your tummy and flatten your back.  
Roll your knees gently from side to side.

## BUTTOCK AND HIPS

### 1) Bridging



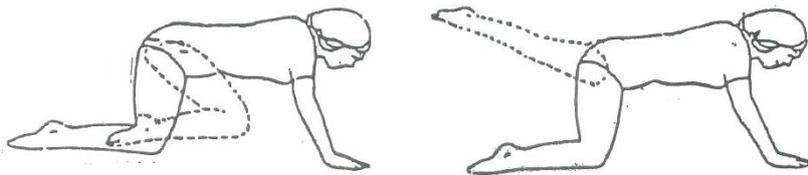
Lift your buttocks as high as possible. Hold for 5 counts, release slowly.

### 2) Side Lying



Lift your leg as high as possible. Hold for 5 counts lower slowly. Change side and repeat with other leg.

### 3) The Doggie



Keep your back straight. Bring one knee forward. Straighten your leg behind. Repeat. Change sides and repeat with other leg.

## POSTURE, BACK CARE AND LIFTING



### ADJUST WORKING HEIGHTS

- Ⓢ Keep your back straight
- Ⓢ Tuck in your tummy
- Ⓢ Tighten your pelvic floor
- Ⓢ Bend your knees
- Ⓢ Keep your back straight

Hold the load close to you, make your legs do the work and move your feet to turn around. Keep your back straight.

Always lower the cot side to lift your child in and out and lift with your legs.

To pick up a toddler, go down on one knee, keep your back straight, pull the child towards your chest and use your legs to push yourself into a standing position.



Stand tall, tuck in your tummy and tuck your bottom under.

Make an extra effort to stand straight when holding your baby and pushing the pram.

Walk close to the pushchair or pram and push with both arms. Find a place for the bags and other necessities on the pushchair, but take care not to over balance it.

**DO NOT** hold baby on your hip or use the car safety seat to carry your baby any distance.

Baby carriers can save your back. Check that the carrier:

- Ⓢ Is the right size for your child and for you?
- Ⓢ Has the correct support for your child's head and neck.
- Ⓢ Have wide easily adjustable straps.
- Ⓢ Distributes the weight evenly.

NB: always bend at the knees when using the carrier. This protects your back and also prevents your child from falling out.