

Pregnancy and birth have a significant impact on the body. It is important at that you take time to rest and recuperate. It is also important to gently regain fitness and normal activity levels. The following is intended to give you some advice on the best way to achieve this.

As soon as the first day it is advised that you lie on your stomach for a little while, a few times a day. This helps drain excess fluid from the womb so that the womb returns to its usual size more quickly. This is also useful after caesarean section

PELVIC FLOOR

The pelvic floor is a group of muscles that form a type of sling at the base to the pelvis. They provide the base for the abdominal compartment. They are involved in support of the abdominal cavity, stability of the pelvis and the control of urination. These muscles are stretched during pregnancy and birth.



Stress to these muscles as well as potential stress to connective tissue and nerves can lead to possible problems with urination or defecation. There can also occur a prolaps of the vaginal wall, womb or bowel. Pain with sexual intercourse is also common. These problems often resolve with time but pregnancy and birth are still considered the most important contributory factors to urine incontinence in women. Post natal regular training of the pelvic floor can reduce these risks.

You should begin training as soon as possible, ideally while you are still at hospital.

CAESAREAN SECTION

It is just as important to train pelvic floor for those that have had caesarean section. Train pelvic floor and abdominal muscles as per brochure. Begin 3-4 days after caesarean.

AFTER YOU COME HOME.

It is important to continue training. Set aside a little time every day. Pelvic floor exercises can be done during a variety of activities. It is usual to have aches and pains after pregnancy and birth and with looking after a new born baby. Try to incorporate your own need for recuperation into your day to day home life. Try to perform activities in comfortable positions for example.

ABDOMINAL TRAINING

Birth is a demanding experience. It is no surprise that people are stiff and sore after birth. Abdominal muscles are stretched during pregnancy and more weight is carried forward. This can put strain on the lower back. It is important to train abdominal muscles after birth.



- On all fours. Lift up the lower stomach whilst you hold lower back stable. Hold 5 – 10 seconds. Repeat 10 times.

- Lie on your back with knees bent and feet flat on the floor. Press down lower back. Hold Chin towards chest, roll up so much that you can manage. Hold a While, roll gently down and relax. After a while you will manage to lift your shoulders off the floor. 5 – 10 repetitions.



- As above, but lift diagonally. Right shoulder towards left knee and vice versa. Repeat 5 – 10 times.