

TRY A BRISK WALK EVERY DAY.  
GOOD FOR BOTH BODY AND MOOD!



Information on Activity and  
Training after Birth/Caesarean  
Section.

## BACK TRAINING

It is a good idea to train back muscles after pregnancy

- Lie on your stomach with a pillow under your tummy. Tighten seat and draw shoulder blades together at the same time. Lift your upper body from the floor.



- A good relaxation position.



These exercises are made progressively difficult with position changes. In order of progressive difficulty: 1) lying on your back 2) lying on your stomach 3) sitting and 4) standing.

Choose which position feels appropriate and progress as the pelvic floor becomes stronger.

1) Breathe in and as you breathe out, tighten your pelvic floor muscles. The feeling is one of "squeeze and lift." Imagine that you are trying to stop yourself from passing wind and trying to stop your flow of urine mid-stream, at the same time. Once they are tight, gently pull your belly button in and up so that you feel your lower tummy muscles tighten.

2. Hold this while you count to 10 without holding your breath and then slowly relax your muscles without pressing downwards. Wait at least five seconds and then repeat. Try to avoid moving your back or over-tightening the upper tummy muscles (those above your waist).

Try to concentrate on contracting the right muscles, try to avoid using the large tummy muscles, the muscles of the lower back and the muscles of the seat. One test to find out if you are training the right muscles is to stop the flow of urine during urination. Be careful not to train in this way as it could lead to disturbed bladder function.

Repeat several contractions after each other but remember it is better to perform a few powerful contractions instead of lots of weaker ones. Try to hold each contraction a few seconds and work up to a 10 second hold which is considered optimal. Optimal training is 8-12 contractions of 10 seconds, 3 times a day. Try to do it at set times during the day so it is easier to remember. Continue to train until you have full bladder control.