



POSTPARTUM EXERCISES AFTER CAESAREAN SECTION

During pregnancy, physical changes cause an imbalance between the abdomen and pelvic floor. Immediately after birth, the tissue is very soft and not yet very resilient. It is therefore important (especially in the first 5–10 days) to give the body enough time off to recover and regenerate. Avoid long walks and physically strenuous activities in the first few days. Light exercises promote the regression of the abdominal and pelvic floor muscles and prevent uterine prolapse later on.

- Practice regularly, several times a day (10–15 min in total).
- Practice slowly and in a controlled manner.
- Pay attention to your breathing.
- Depending on your condition, start with short walks that you slowly increase.
- **Before any exercise or activity, activate your pelvic floor and deep abdominal muscles for better basic stability.**

EXERCISES FOR CIRCULATION (several times a day to prevent thrombosis and varicose veins)

- While lying on your back, stretch both arms towards the ceiling and open and close your hands firmly.
- Move your forefeet up and down vigorously and flex and straighten your toes.
- Perform circular movements with your forefoot..
- Always roll well over the entire foot when walking.
- Wear support stockings for the first few days.

EXERCISES FOR THE ABDOMEN (5-10 repetitions per exercise)

EXERCISE 1

Abdominal breathing: While lying on your back, breathe in through your nose as if you were smelling a flower (Belly gets bigger) and breathe out again on “fff”.



EXERCISE 2

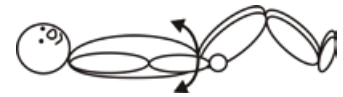
In addition to abdominal breathing (as in exercise 1), activate the pelvic floor and deep abdominal muscles. During the first third of the exhalation, pull the pelvic floor inwards and upwards and the belly button towards the spine (zip principle). Hold the tension as you inhale and tighten the pelvic floor and abdomen as you exhale. Repeat this exercise for 4-5 breaths.

Practise the first and second exercise in the lateral and prone position!

EXERCISE 3

Lying on your back with your legs up:

Tilt/roll your pelvis slightly upwards (press your lumbar spine onto the surface)!



EXERCISE 4

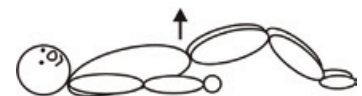
Lying on your back: put both legs up. As you exhale, build up abdominal tension (like exercise 2) and press both wrists and forearms into bed and slightly towards your feet (there is no movement!). Additionally, you can press your heels into the bed as you exhale.



EXERCISE 5

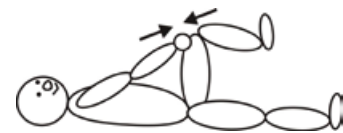
While lying on your back, raise both legs as you exhale.

Tighten your pelvic floor and stomach and lift with the remaining exhalation the pelvis.



EXERCISE 6

Press your right hand and left knee together as you exhale. Breathe in and out as in exercise 2. Pay attention to the position of your head and don't forget to alternate sides.



EXERCISE 7

Lateral position: The upper arm supports the bed with the fist in front of the navel. As you exhale, build up abdominal and pelvic floor tension and at the same time press your fist into the bed.



EXERCISE 8

Prone position: To promote the involution of the uterus and the post-birth vaginal discharge, place a small cushion between the pubic bone and navel and around the breast and lie on it. Continue to breathe relaxed in this position and lie down several times a day for approx. 20 minutes.



EXERCISES FOR THE PELVIC FLOOR

You can start activating the pelvic floor immediately after birth as soon as this is possible without pain. In the case of cut or birth injuries, it is recommended to wait for the initial wound healing (approx. 5–10 days) before starting pelvic floor training. Take your time when you have to go to the toilet. Do not interrupt the urine stream under any circumstances and do not try to push.

- "Blink" your vagina very slightly.
- Try to imagine sucking a cherry stone into your vagina by tense the pelvic floor. Carefully put it down again (relaxing the pelvic floor).
- Tense your pelvic floor increasingly more strongly with each exhalation (Pull the vagina and anus up into the pelvis) and relax again while inhaling.
- Try to incorporate pelvic floor exercises into your everyday life (when brushing your teeth, when ironing, at every red traffic light, when breastfeeding ...).



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TIPS

- When you carry loads, always keep them close to your body.
- Always turn on your side before you stand up.
- When you are breastfeeding, make sure you are in a comfortable position that is easy on your back.
- Avoid strenuous activities such as heavy lifting and usual sporting activities, especially in the first few weeks. Exercise can be resumed as soon as your pelvic floor regains its full support function.
- Gently massage your scar daily once the stitches are removed and no scabs are present.
- Favourable sport after giving birth from the 8th week: back training, pelvic floor group, swimming, aqua jogging, walking, Pilates, dancing. Avoid classic abdominal muscle training and overstretching/hyperextending the body in order not to overstrain the structures.
- Attend a post-partum recovery gymnastics course approximately 8–10 weeks after giving birth.

The entire team of Physical Medicine & Rehabilitation wishes you a rapid rehabilitation!

CONTACT & MAKING AN APPOINTMENT

If you have any questions or would like to make an appointment, please contact us

T +43 (0)1 360 36-6351 or pmr@rudolfinerhaus.at

Appointments by telephone Mon–Fri 9:00 am to 2:00 pm

including callback service (press 1 and wait for confirmation)

