



## PHYSICAL MEDICINE & REHABILITATION

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## POSTPARTUM EXERCISES AFTER SPONTANEOUS DELIVERY

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 physical condition, start with short walks (max. 15 min) after 5-10 days.
- **Activate the pelvic floor and deep abdominal muscles before every exercise or activity for better basic stability.**

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

- Place both feet on the floor and stretch one leg in the air.  
Move the forefoot up and down vigorously 10 times. 3 series, during the break the foot remains the highest point.
- Perform circular movements with your forefoot..
- Always roll well over the entire foot when walking.

### 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

Leave the headboard of your bed slightly raised and put both legs up. As you exhale, build up abdominal tension (like exercise 2) and press both wrists and forearms into the bed and lightly towards your feet (there is no movement!). You can also press your heels into the bed as you exhale.



### EXERCISE 4

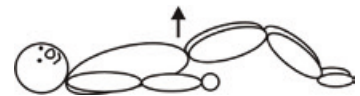
Lie on your back with your legs up:

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



### EXERCISE 5

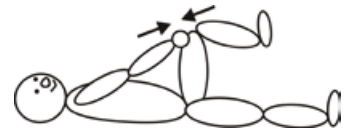
Lie on your back with both legs up, tense your pelvic floor and abdomen as you exhale and lift your pelvis the pelvis at the same time.



### EXERCISE 6

Press your right hand and left knee against each other as you exhale.

Perform the inhalation and exhalation 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 the birth as soon as this is possible without pain. In the case of cuts or birth injuries, it is recommended that you wait for the wound to heal (approx. 5–10 days) before starting to train the pelvic floor.

Take your time if you need to go to the toilet. Do not interrupt the flow of urine under any circumstances and try not to push.

- “Blink” lightly with your vagina.
- With each exhalation, tighten the pelvic floor more and more (pull the vagina and anus up into the pelvis) and relax again as you inhale.
- In your imagination, try to suck a cherry stone into your vagina by tensing your pelvic floor. Carefully put it down again (relaxation of the pelvic floor).
- Try to incorporate the pelvic floor exercises into your everyday life (when brushing your teeth, ironing, at every red traffic light, when breastfeeding ...).



## TIPS

- Tighten the pelvic floor when coughing, sneezing, laughing, lifting and carrying (Imagine „sucking“ a suppository into the vagina and anus).
- Always carry loads close to your body!
- Always stand up from the side position!
- Make sure you eat a healthy and nutritious diet and drink plenty of fluids.
- Favourable sport after the birth (from the 6<sup>th</sup> week at the earliest):  
Back training, pelvic floor group, swimming, aqua jogging, walking, Pilates, dancing.
- Avoid high impact activities such as running and jumping, as well as classic abdominal muscle training (crunches, planks, ... ) until the 6<sup>th</sup> month.
- Make sure you adopt a comfortable and back-friendly position when breastfeeding!
- Attend a postpartum recovery gymnastics course approx. 6–8 weeks after giving birth.

## VIDEO TUTORIAL

You can use this QR code to find a video tutorial with some practical postpartum recovery exercises created by our physical medicine team as a reminder.



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  
+43 1 360 36-6351 or [pmr@rudolfinerhaus.at](mailto:pmr@rudolfinerhaus.at)  
Appointments by telephone Mon–Fri 9:00 am to 2:00 pm  
including callback service (press 1 and wait for confirmation)

