



Postpartum Exercise

Day One to Four weeks

Exercises to Begin in Hospital:

DAY ONE

1. **Kegal-** Tighten the muscles surrounding the vagina as tightly as you can, as is to stop the flow of urine. Hold for a count of 5 and relax. **REPEAT 5 TIMES.** For comfort do this exercise in the bathtub at first. Also, remember to do this same Kegal exercise and tighten these muscles when you sit down to prevent pulling on the episiotomy.

DAY TWO: Add these exercises to the above.

2. **Pelvic Rock-** Lie flat on our back with your feet flat on the bed and your arms folded on your chest. Relax your back and press lower back into the bed holding your abdomen as tightly as possible.
3. **Leg and foot exercises-** Lie flat on your back in bed, point your toes with your legs straight and tight, tighten abdomen and seat muscles – hold and relax. **REPEAT 10 TIMES.** Now repeat the exercise with your heel flexed (toes pointing toward you). Shake out your legs and relax.

DAY THREE: Add these exercises to the above.

4. **Hip lifts-** Lie on your back with your feet flat on the bed, arms at your side. Lift hips off the bed until they are in line with your knees, tighten seat muscles and hold. Relax. **REPEAT 5 TIMES.**
5. **Leg raises-** Lie flat on your back, raise ONE leg approximately 8 inches with toes pointed, hold, flex foot, and lower leg slowly. Repeat with other leg, and then repeat entire exercise 3 times. **DO NOT ATTEMPT TO RAISE BOTH LEGS AT ONCE.**

**DO ALL EXERCISES SMOOTHLY AND SLOWLY
CONTINUE THE ABOVE FOR THE FIRST WEEK**



Exercises to be Added After the First Week:

1. **Stretching-** Warm up by standing on your toes, stretch your head, look up, and reach for the ceiling. **REPEAT 4 TIMES.**
2. **Wing Stretchers-** Stand with hands on shoulders, elbows parallel to floor and at shoulder level. Push elbow back two times, then straighten arms and push back two times. **REPEAT 4 TIMES.**
3. **Floor touches-** Stand with legs apart bending forward to touch floor with fingertips or palms. Keep legs straight unless you feel strain in your back, bend your knees slightly. **REPEAT 4 TIMES.** Do 4 stretches (#1 above). Repeat this exercise with legs together. Follow with 4 stretches.
4. **Floor Sweeps-** Stand with legs apart and while swinging your arms and bending your knees, do large figure eights.
5. **Squats-** With arms extended, squat 8 times.
6. **Sit Ups-** Lie flat on your back with your feet on the floor, bend knees, slowly curl up to a 30 degree angle. Hold and slowly curl down. **REPEAT 5 TIMES**
7. Now continue with exercises you began in the hospital: *Pelvic Rock, Kegal, Leg and Foot Raises, Hip Lifts, and Leg Raises.*

Do all exercises smoothly and slowly. Daily exercises will promote a more rapid recovery and increase your energy and feeling of well-being. Take one day off a week and completely rest your body.

If bleeding should increase or stitches begin to hurt, discontinue exercising for three days and begin again slowly.