



POST PARTUM EXERCISE DAY ONE TO FOUR WEEKS

Exercises to begin in the hospital:

DAY ONE

1. Spend at least ½ hour a day lying on your stomach. This helps the uterus return to normal size faster.
2. **Kegel** – Tighten the muscles surrounding the vagina as tightly as you can. Hold for a count of five and relax. *REPEAT 5 TIMES*. For comfort do this exercise in the bath tub at first. Also, remember to Kegel and hold this muscle tight when you sit down to prevent pulling on the episiotomy.

DAY TWO: Add these exercises to the above.

3. **Pelvic Rock** – Lie flat on your 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.
4. **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 feet flexed (toes pointing toward you). Shake out your legs and relax.

DAY THREE: Add these exercises to the above.

5. **Hip Lifts:** Lie flat 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*.
6. **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, then repeat entire exercise 3 times. *DO NOT DO DOUBLE LEG RAISES.*

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 arms over your head, look up and reach for the ceiling. REPEAT 4 TIMES.
2. **Wing Stretchers** - Stand with hand on shoulders, elbows parallel to the 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 hands on shoulders, elbows parallel to the floor and at shoulder level. Push elbow back two times then straighten arms and push back two times. REPEAT 4 TIMES.
4. **Floor Sweeps** - Stand with legs apart and while swinging your arms and bending your knees, do large figure 8's.
5. **Squats** – With arms extended, squat 8 times.
6. **Sit Ups** – Lie flat on your back with your feet flat 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, Kegel, 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 the exercises for 3 days and begin again slowly.