



Postpartum Exercises

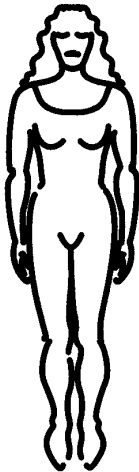
The First Four Weeks

Most doctors suggest you wait until after your six-week checkup before beginning a workout routine. These simple exercises are safe enough to start the week after birth. If you had a Caesarean birth, wait at least another week.

PELVIC FLOOR/KEGAL EXERCISES

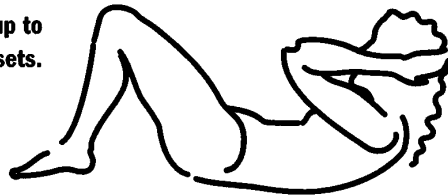
Kegal exercises are good anytime for keeping the vaginal muscles and pelvic floor in shape. They can be done anywhere you're comfortable.

- Tighten the muscles of the vagina as if trying to interrupt the flow of urine.
- Hold for a count of four, then release.
- These muscles tire easily, so it's best to only do several contractions at a time throughout the day rather than all in one session. Try to do 100 per day.



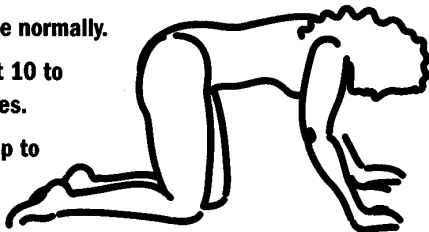
HEAD AND SHOULDER RAISES

- Lie on your back with your knees bent and your hands behind your head.
- Take a breath. As you exhale, tighten your abdominal muscles, flatten the small of your back against the floor and raise your head and shoulders off the ground.
- Slowly lower.
- Repeat the entire sequence eight to 10 times.
- Work up to three sets.



PSEUDO-PUSH-UPS

- Start on all fours with your knees directly below your hips and your hands slightly more than shoulder-width apart.
- Keeping your back flat and your stomach in, gently bend your elbows and then straighten again.
- Avoid locking your elbows when you straighten them.
- Breathe normally.
- Repeat 10 to 12 times.
- Work up to three sets.



PELVIC TILT

- Lie on your back with your knees bent and feet flat on the floor.
- Inhale and allow your abdomen to expand.
- Exhale and lift your tailbone toward your navel, keeping your hips on the floor.
- At the top of the tilt, tighten your buttocks, then release.
- Repeat eight to 10 times.
- Work up to five sets.

