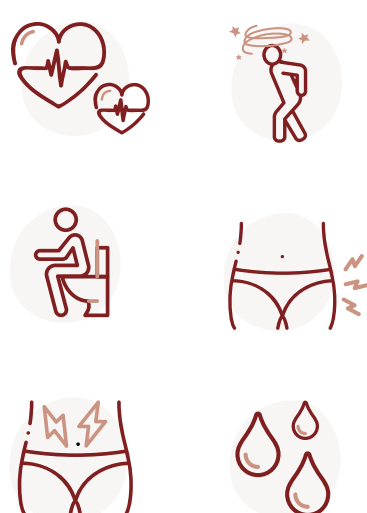


Pelvic floor rehabilitation immediately following childbirth



Many women experience pelvic floor problems.
Do not feel ashamed: talk to your gynaecologist,
midwife or pelvic floor specialist about it and get
those pelvic floor muscles moving!

Why?

Following pregnancy and childbirth, your muscles may have
weakened or be damaged. The Pelvic Floor gives you information
& tips to **prevent** complaints; or to **treat** complaints and
muscles to do their work better again.

"Everything starts with
a good explanation and
sufficient understanding
about your pelvic floor."

How?

After the weight of pregnancy and, for some
women, the additional stretch or damage
caused by a vaginal birth, our pelvic floor
needs a period of recovery.

Heal, recover,
strengthen &
resume

Talk
about it

Read
about it

Tips

To avoid lasting
complaints.

Exercise correctly

- Always ensure that you both contract and relax your muscles correctly
- Perform a constricting and lifting movement with your muscles
- Relax your abdominal muscles, buttocks and thigh muscles. Do not tilt your pelvis.
- Take calm breaths
- Make sure your exercises are checked by a **pelvic floor physiotherapist**: with a bit of help, more than 90% of women quickly feel better!
- Practise lying down, sitting and standing up

Pain

- Apply ice to the painful area and be patient, it will heal
- Get used to sitting on a hard chair regularly. The pressure helps to reduce swelling

Going to the toilet..

Maintain a **good posture** on the toilet:

- Make sure your buttocks are firmly supported by the seat and place your feet on the floor or on a step

- Take your **time** on the toilet
- Relax your pelvic floor (even if it sometimes hurts a bit)
- Empty your bladder slowly but completely and do not press too hard on the bowels

"Every woman at her
own pace"

Comfort

- Listen to your body: comfort is everything
- If you have pain, change your position regularly
- Avoid too much physical strain and try not to cough
- Moving around is recommended but start easy. Try to take a daily walk, gradually increasing the pace and distance

Daily life and sports during the first six weeks

Of course you can be active!
How far can you take it?
Comfort and support are key

Support

- Find support and help in your community
- Make sure that your recovering body is supported with pillows when you rest (supportive underwear can also help)
- Breathe relaxed. You are allowed to sigh!
- Make sure you get enough sleep and rest: your body needs a lot of energy to recover

After a recovery phase of six weeks...

you can gradually **decrease your comfort and support** and focus more on active exercises and sports that promote the recovery of your abdominal muscles and your general health.



Want to know
more?

thepelvicfloor.be