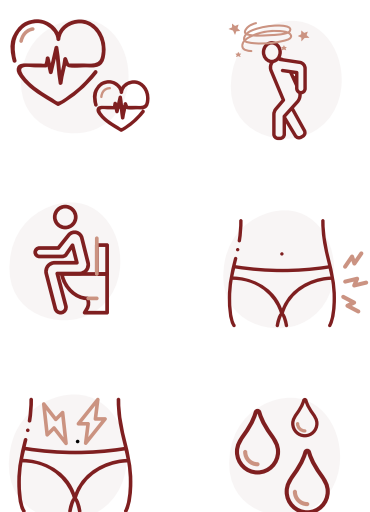


Pelvic floor rehabilitation immediately following childbirth



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

Exercise your pelvic floor muscles

- 1 Immediately after giving birth, these exercises do not hurt (quality rather than quantity).
- 2 Focus on **controlling** the pelvic floor:
 - try to feel your muscles again,
 - contract them (as if you were peeing or holding back wind) and let go again.
- 3 Preferably **daily**, in three sets of 12 repetitions "briefly contract and release gently". Aim for five minutes a day.
- 4 Get into the habit of doing your exercises daily for up to six months postpartum.

"Always make sure to tense and then relax your muscles"



Want to know more?

thepelvicfloor.be