

Tips for Safe Postpartum Fitness: Vaginal Birth - First 4 months

When can I start to work my core?



What a GREAT question! The first three months are a time of healing and bonding for mom and baby. Not only are there identity shifts in the household, but shifts in sleep, meals and routines. Remember that the muscles of the pelvic floor have lengthened and weakened during pregnancy and delivery. These muscles need time to recover, too!

How do I start?

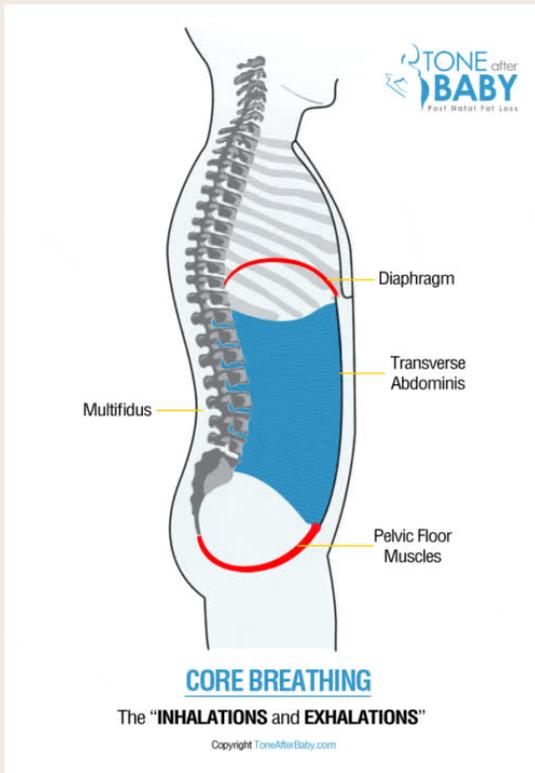
Start with contacting your midwife for a pelvic floor evaluation. She will evaluate your pelvic floor muscles for muscle tone and healing of your perineal tissue. If you had any tearing and are still having perineal pain, pain with sex, difficulty with bowel movements or urination please talk with her. Although common, these difficulties are not necessarily normal.

What's the Next Step?

Build an Exercise Foundation:

Begin by walking short distances. Gradually increase your distance to build stamina and endurance.





Pelvic Floor Muscle Toning

An easy way to begin toning your pelvic floor is thru diaphragmatic breathing. Did you know that your diaphragm works with your pelvic floor?

Try this. Inhale into your belly and low back. On the exhale your pelvic floor automatically lifts and you begin toning. Working with your diaphragm is the best way to begin to retrain the lengthened muscles.

Photo by ToneAfterBaby.com

Baby Ergonomics: A great way to build strength throughout your day!

When lifting from the floor, lift with your legs and glutes from a squatting position. Take care to hold the baby close and keep your back straight, long and upright and your pelvis is in a neutral position.

Always lift on the exhale.- When putting your baby down or picking up, hug the baby close. Place feet slightly wider than shoulder width, bend your knees slightly and hinge your hips back. Remember to lift and lower the baby on the exhale.

Take the tension off your neck, shoulders and arms. During feeding move the baby up to you, don't move your body down.

Support Link: <https://www.wikihow.com/Lift-and-Carry-a-Baby> Photo by Spineuniverse.com



Restorative Yoga:

After a long day and interrupted sleep, this yoga pose is a great way to calm and restore your body. Stay in the pose for at least 3-5 min



NOW you are Ready for Exercise and Core/Floor Activation!



Contact Mary Schmidt at Therapy Links. Mary is a mom, grandma and occupational therapist with advanced training in yoga and pilates.

Together you and Mary will create an exercise routine that is specific to your body's needs and will meet your goals. To contact her call or text:

208-238-3270.

