

Perfect

PELVIC FLOOR



POST NATAL EXERCISE GUIDE



Congratulations on your adorable baby!

I'm so excited for you to start this program!

**Please read this Exercise Guide before attempting
any of the exercise videos.**

**Make sure you have also read our "Pelvic Floor
Guide" to understand your pelvic floor and help you
with the exercises!**

Exercise Videos

- Each week has 10 exercise videos. For the best results complete all 10 exercises 3 times/week. Absolute minimum of 5 exercises 3 times/week.
- Ideally space your workouts with a day of rest in between. Eg Mon/Wed/Friday. Schedule it and you won't forget!
- Each week has a different focus which is displayed at the top of week. This has been developed for you to get the most out of your recovery and not push you beyond your capabilities. Please start at week 1 and take it at your own pace. If you miss a week start again where you left off.
- The content box displays the sets and reps, the time to hold your stretches for and the pace for you to work at. Where necessary it will also show the different position for each exercise.
- If you can't feel your Pelvic Floor (PF) working anymore (especially early on) stop, have a rest and try again.
- Hold your stretches for 30 seconds unless it is described otherwise.
- On the single side exercises make sure you complete both sides.
- Avoid holding your breath while exercising.
- PF exercises can also be known as Kegel exercises (especially in the USA)
- We advise light exercise 2-3 times/week for up to 30 minutes to keep yourself moving. It doesn't matter what it is as long as you enjoy it and it's low impact. Start lightly and build up to 30 minutes e.g. walking, swimming.
- Try doing your PF exercises with something you do every day as well as this structured program. It will make it easier to remember and become a habit for life. Eg brushing your teeth, sitting at traffic lights, eating breakfast etc.
- PF strength and control takes practice, practice and more practice!

Exercise Tips

Goals

- Before you start exercising set your own REALISTIC goals. Remember this is a time to heal from the inside out and enjoy motherhood.
- Recovery is not a race; start slow, this program is designed to help you get through your initial 3 months. Your full recovery can take up to 12 months.
- Take pictures of yourself before you start from the front, side and back. You may not like doing this but you will enjoy seeing the changes after the 12 weeks. So suck it up and get snapping! Love your body!
- Your aim is for your PF and TA to be on during all the exercises. This may not happen at the start but take your time and work up to it.
- Aiming for your PF to be held for 10 breaths in a row. Take your time and work up to it, this can take up to 3 months. Be patient.
- Try using your PF when lifting things, reaching for a low or high cupboard and doing awkward things.

To increase your strength so you can cope physically with a newborn and recovery from your pregnancy & labour.

Precautions

- All exercises are safe from 1 week post delivery either by caesarian or vaginal delivery, however, please see your health professional before commencing an exercise program.
- You have the best chance of recovering particular muscles if you train them within the first 12 weeks post delivery, however listen to you body to determine when you start.
- Listen to your body if you feel pain or aren't feeling sensation with your PF, have a rest and try again another day.
- Avoid doing stomach crunches. This can overload the stomach muscles and make you prone to having diastasis rectus abdominis or if you already have one can make it worse. (Separation of the abdominal fascia during and after pregnancy)
- Avoid doming or bulging in your stomach muscles with any of the exercises. You want the opposite; a drawing in of your lower stomach muscles towards your spine.
- If you had a caesarean please take the precautions mentioned in the video's and be careful with twisting and coughing.
- If you're having pelvic or back pain please see a physiotherapist prior to commencing this program.
- If you're concerned about anything please see your Health Practitioner or email melanie@perfectpelvicfloor.com

**Smooth and Controlled
movements during all the exercises!**

Exercise Tips

Equipment

Equipment can really help you feel the exercises but if you don't have any here are some alternatives:

- If you don't have a swiss ball you can use a normal chair with a cushion on top to make it a little more unstable. Use the wall to lean up against for the wall squat.
- If you don't have a yoga strap you can use a belt/tie or dressing gown cord.
- If you have a wooden floor a yoga mat is essential.
- You can use a rolled towel as an alternative to a Chi ball.
- Foam rollers are great for releasing the buttock, ITB and upper back.



Yoga Mat



Foam Roller



Yoga Strap



Chi Ball



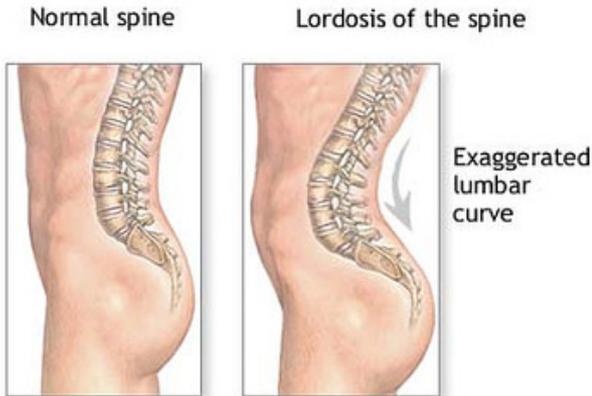
Swiss Ball

Enjoy your Pelvic Floor Exercises

Practice, Practice and More Practice!

Posture Tips

General



Finding a neutral pelvis position when sitting and standing can help take the pressure off your back and make it easier for your pelvic floor muscles to work.

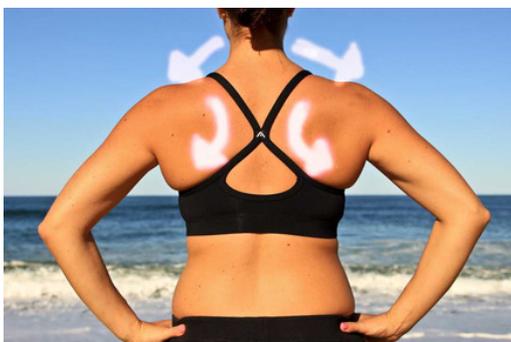
ADAM.

Avoid having a poke-neck position especially while feeding. This can make your neck stiff and tight and give you headaches.



Poke neck Position

Shoulder



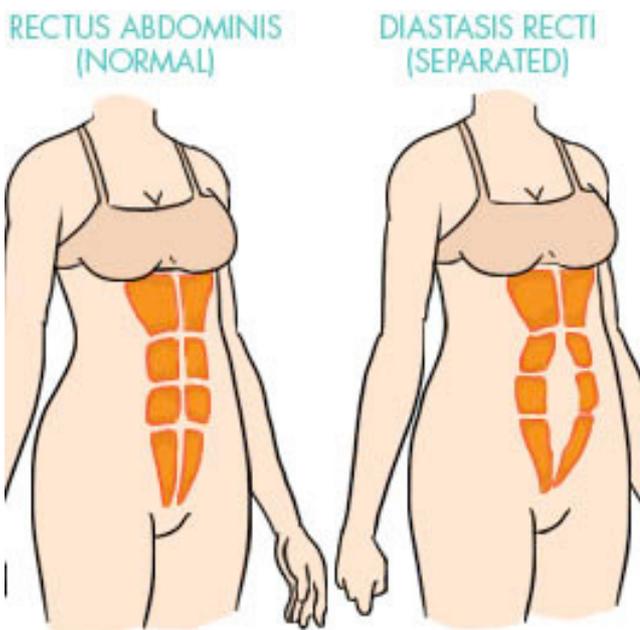
- Shoulder blades out wide (Away from each other).
- Shoulders away from your ears.
- Rolling the bottom pointy section of your shoulder blade through your body towards your chest.

Be AWARE of your posture everyday!

Diastasis Rectus Abdominis

Where the Linea alba (the connective tissue) between your abdominal muscles (Rectus Abdominis) have been stretched and weakened leaving a gap between the muscles. This is very common during your pregnancy and is noticeable after pregnancy.

- It can cause the muscles to be weaker which can put you at risk of posture related pain and pelvic dysfunction.
- Pelvic Floor weakness and DRA often go together.
- A thinner lining to the abdominal wall creates less support for your inner organs and in severe cases can lead to a hernia.



The 1st 8 weeks after delivery is when you have the best chance of your separation closing with the right exercises!

Take the test once during your program to check if you have a separation and don't worry so much about how much gap there is. The more you test it the worse it can become.

Know that you CAN do this!