

Regain your Body Faster!

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During pregnancy, labour and delivery our bodies go through dramatic changes. These changes are most apparent once we have delivered our babies. We have suddenly lost all our abdominal support, our pelvic floor muscles have been stretched, and in most cases torn or cut. Assisted deliveries could have left you with pelvic joint pain, and if you have had a C-section your abdominal muscle have been torn.

There is a great need to address these weaknesses, as soon after birth as possible, to avoid further complications. The following 3 steps will enable you to gently ease your body back into shape during the immediate post partum recovery period.



Step 1 Breathing

While we are pregnant we automatically make changes to our breathing patterns. The first step is to reset our natural breathing pattern. You begin by lying on your back, knees up, feet flat on floor, arms resting gently beside your body. Close your eyes and take in a few normal breaths. Gradually change this breathing to widen and lift your chest as you breathe in, sending air in via the nose deep into the lungs and out through the mouth. Repeat this for 3-4 breaths. Allow your breathing to return to normal, repeat exercise for about 3-5 minutes.

Step 2 Pelvic Floor

Lying in the same position, place your index and middle finger either side of your hip bone – facing toward your pubic bone. Begin breathing pattern above. When you have relaxed into your breathing pattern, gently contract your pelvic floor. You should feel a slight pressure under your finger tips as you contract your pelvic floor, this pressure will be your Transverse Abdominis (TVA) firing up. Relax and repeat exercise for 3-5 minutes.

Step 3 TVA

Your TVA is the deepest abdominal muscle and is responsible for providing support to the trunk of the body. It also plays an important role in reducing the separation of abdominal muscle (Diastasis Recti). We have already learned to isolate our TVA by contracting our pelvic floor. Repeat this exercise, this time hold the contraction for up to 10 seconds. Your goal is to achieve ten repetitions of 10 second holds.

The above exercises are designed to allow you to gently begin to exercise your body focusing on strengthening the muscles which have been affected by pregnancy and childbirth. They are safe to perform from childbirth.

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