

C-Birth

RECOVERY + CARE

Your rehabilitation starts now. Here are 6 things you can do right after birth to start your recovery process.



Breathing

Reconnect from day 1. Start with 1 minute of relaxed breathing sending air to your ribs, belly and back .



Light Movement

Walking can improve blood flow. Start with 5-10 minutes for your emotional and physical well-being.



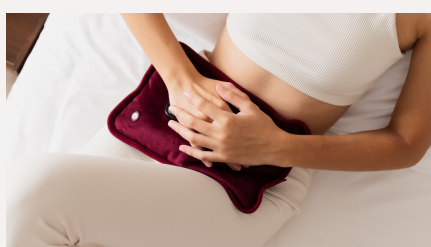
Arm Raise + Slide

This gentle movement helps stretch out the lats and keeps the shoulder girdle mobile!



Hydration

Have water in every room and car! Add some electrolytes for baby and you benefits.



Abdominal Support

High waisted/ compression garments/wraps, pillows, towels, come in handy for support for walking, sneezing, sit to stand.



Fiber

Goes hand in hand with water, to help your system slowly recover and regain motility.

