

The First 24 hours

Healing your abdominal wall


(Vaginal and C-section deliveries)



Mindful Momma


THERAPY SERVICES





Why implement a vaginal / cesarean recovery program immediately?

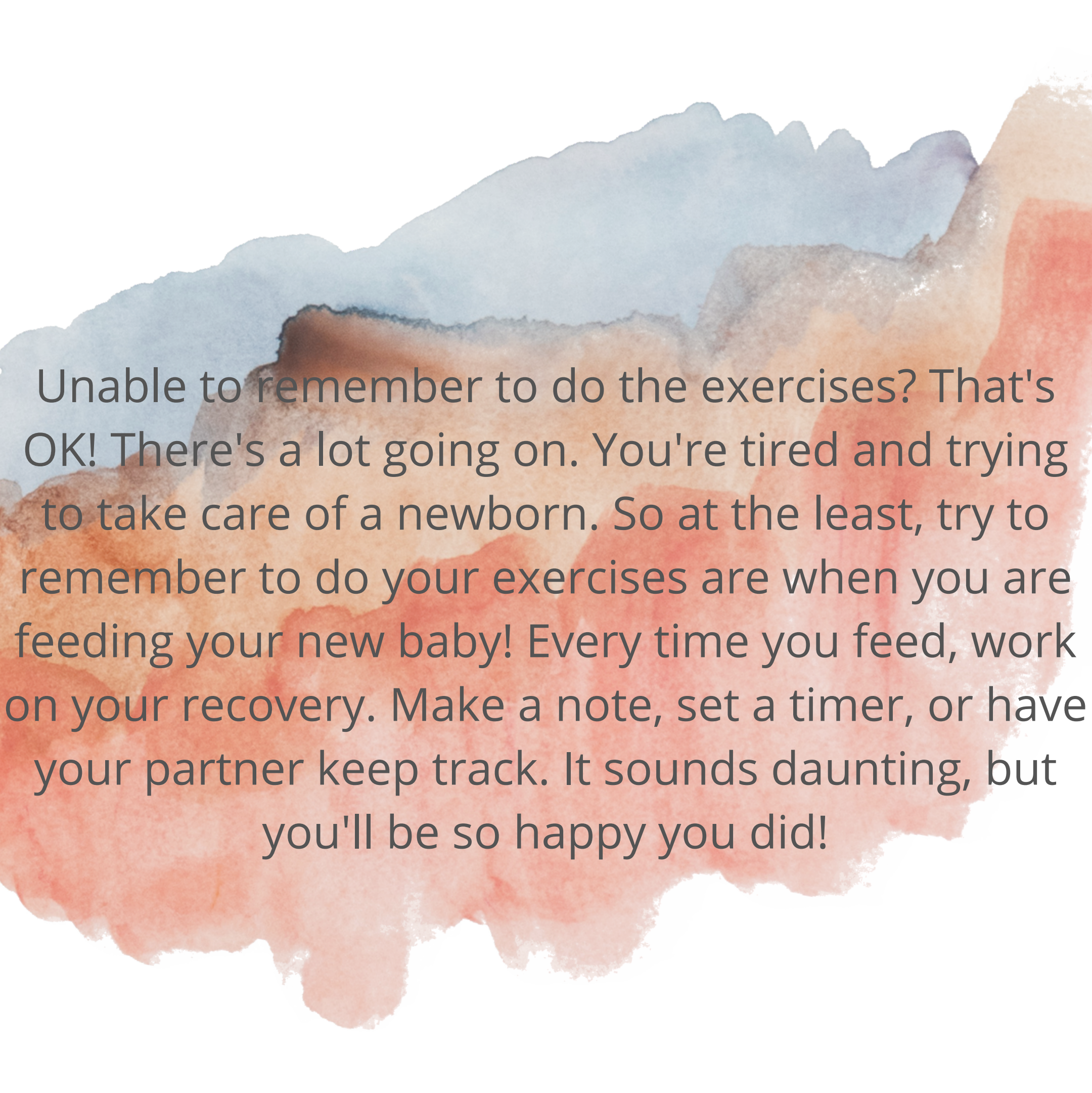
Dramatic physical changes occur within a few hours after a woman has given birth, including hormonal changes, blood volume changes, and metabolic changes. We can take advantage of this amazing time frame of rapid repair to benefit our abdominal wall and pelvic floor, prevent back pain, maintain muscle tone of the lower extremities, promote circulation, maintain adequate lung capacity, and facilitate recovery time.



Your pelvic floor & abdominal wall rehab can (and should) start within **the first 12-24 hours** after delivery to improve blood flow, strength, and abdominal wall healing.

Post-Delivery Recovery Program

- Cough five times per hour if you underwent anesthesia to help clear your lungs
- Safely get out of bed by performing a bed roll (knees up, roll to side, push up with arms, swing legs over, stand)
- Start walking as soon as possible
- Belly breathing / Core breath (back, side, seated)
- Try saying "HUT" fast and loud five times each hour to strengthen the abdominal muscles. This causes stomach to contract as the air is forced out
- Transverse abdominis engagement: practice engaging muscles by pulling the stomach in and up (without moving pelvis, back, or inner thighs). Exhale on contraction. Attempt to hold contraction for 5 - 10 seconds, only if you can breathe normally during contraction.
- Lift and lower the pelvic floor (kegels) - think of your PF elevator that you practiced before baby arrived!
- Tucking in with coordinated breathing
- Pelvic clock (pelvic tilts with multiple positions)
- Open chest up!!!! You now spend a lot of time in a hunched /flexed position. Open up and feel like the goddess you are.



Unable to remember to do the exercises? That's OK! There's a lot going on. You're tired and trying to take care of a newborn. So at the least, try to remember to do your exercises are when you are feeding your new baby! Every time you feed, work on your recovery. Make a note, set a timer, or have your partner keep track. It sounds daunting, but you'll be so happy you did!