

- To **increase** tension hold several breaths or perform the exercise in another starting position, such as in a lateral standing or sitting position.

## Stimulating Lochia and Uterine Retraining

### Prone Position

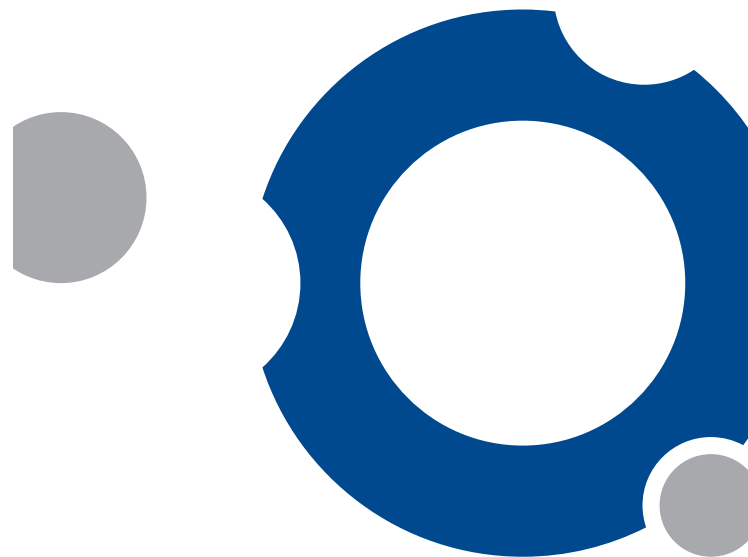
- Take the quadruped stand, place a rolled-up, large pillow in the area between the pubis and navel (if it is too large, do not roll it up completely and let the rest of the pillow go up towards the chest), and lie down slowly on the pillow.
- It should be given the full weight and you should be able to relax.
- Since this exercise stimulates the lochia, it is advisable to put a towel over the pillow.
- It is best if you take the prone position before eating and after breastfeeding.
- This exercise is best done 2 - 3 times per day for 5 - 10 minutes.

## Regulation of Bowel Function

Generally, you should pay attention to high-fiber diet, drink plenty of fluids and get plenty of exercise. Avoid Products Such As Chocolate and Bananas.

- To take away the fear of the first bowel movement, we recommend the toilet techniques:
- Sit upright on the toilet.
- Let your pelvis sink easily into the toilet.
- Push the stool out with exhalation.
- Avoid pressing down.
- Take your time.
- If you go to the toilet at the same time every day, your body will adjust and it will be easier for you.

Another possibility: Sit with your back against the wall or the toilet lid, stay upright. This relieves the pelvic floor.



### We are here for you!

To schedule an appointment or have a question? Get in touch with us, we are gladly there for you!

### Contact and Appointments

Control Center 10  
Telephone: (0841) 8 80 - 4107

### We cordially invite you to our postpartum group!

**Daily Monday - Friday  
from 11:00 to 11:30**

**of the Physical Department, Control Center 10 (U1)**

**KLINIKUM INGOLSTADT** GmbH  
Krumenauerstraße 25 • 85049 Ingolstadt  
Postfach 21 06 62 • 85021 Ingolstadt  
Tel.: (08 41) 8 80-0 • Fax: (08 41) 8 80-10 80  
Email: [info@klinikum-ingolstadt.de](mailto:info@klinikum-ingolstadt.de)  
Internet: [www.klinikum-ingolstadt.de](http://www.klinikum-ingolstadt.de)

# Postpartum Gymnastics

Patient Information

The program may only be performed following the instructions of a physiotherapist to prevent possible mistakes during the procedure.

## We congratulate you on your Newborn!

In the last 9 months your body has become very strong and transformed.

Now in the early-postpartum period (in the first 10 days after the birth) the following processes take place in the lower portion of your body:

- Muscle tension of the pelvic floor and abdominal musculature is increasing again
- Uterus shrinks (noticeable as after-effects)
- Lochia is even stronger

With the following exercises, we focus on the above mentioned changes and want to support them. Of course, through pregnancy and childbirth, many more individual questions or problems may arise, such as: Pain, birth injuries, dyspepsia disorders, incontinence, respiratory problems, etc., which we would like to discuss with you in the individual therapy.

The postnatal exercises can lead to increased lochia and after-effects. However, this is desirable because it speeds up the recovery processes.

First, it is important that pain does not occur in any exercise. Women with cesarean section should be careful. After a cesarean section you should start with the abdominal exercises about the 5th day.

**Good luck practicing!**  
**Your Physiotherapist at Ingolstadt Hospital**

## Perception of the Pelvic Floor

### The Diaphragmatic Pelvic Floor Synergism

- Upon inhalation, the diaphragm lowers to make room for breathing air. As a result, pressure in the abdomen increases and the pelvic floor moves slightly downward due to this pressure increase.
- When exhaling, the diaphragm goes up again,
- pressure in the abdominal cavity is reduced and the pelvic floor thus returns to its original position.
- Lie comfortably on your back, close your eyes and focus on your breathing. Let your breathing flow and try to trace the interaction between the diaphragm and pelvic floor.

### The Water Lily

- Find a position that is comfortable to you, lying or sitting. Come to Rest
- Mentally go into your abdomen where your child was lying. Imagine that you have a flashlight with you and light up your abdomen.
- If you shine upwards, you see your diaphragm like a dome, in front are the abdominal muscles, behind are the back muscles and the spine, downward you see your pelvic floor.
- The pelvic floor appears as a water lily.
- The flower opens and closes, moved by your inhaling and exhaling breath.
- The incoming breath symbolizes the light, the flower opens, the outflowing breath takes the light with it, the flower closes.
- Through your breathing, let the light flow in and out, opening and closing the flower.

## Stimulation of the Pelvic Floor and Abdominal Muscles

### Feldenkrais Clock

- Lie in a comfortable supine position.
- The legs are spread hip wide.
- Imagine having a clock under your sacrum.
- Head up in the noon position. Down toward the legs is 6 o'clock. Left at 3 and right at 9.
- Now increase the pressure on the 12 and then on the 6, tilting your pelvis backwards and then forwards.
- Now you can combine the movement with breathing. When exhaling, tilt your pelvis to 12, with inhalation tilt your pelvis towards 6.
- Increase: Tilt your pelvis in addition to the 3 and the 9; then make a circular movement with your pelvis from 12 to 3, over 6 to 9 and back to 12; let your breath flow.
- Then change direction and turn counterclockwise.

## Stimulation of the Abdominal Muscles

### Tic Tac

- Lie on your back. The legs are spread hip wide.
- Now move your lumbar spine in the direction of the pad (number 12 of the Feldenkrais clock). Pull up the feet.
- Now oscillate with your legs alternately to the right and left. Make sure that the movement takes place in the area where you can still keep your ribs stable, i. that no movement occurs there.
- To help, you give yourself a beat or move in a second-rhythm.
- Increase: smaller and faster movements.

## Strengthening the Abdominal Muscles

### Concentric Abdominal Muscle Tension

- You lie on your back. The legs are spread hip wide.
- Place your hands on your ribs and feel your breathing movement.
- Now cough slightly and try to sense the movement of the ribs as they narrow.
- Then try exhaling to narrow the ribs, similar to coughing.
- Release the tension at the next inhalation. Let your breathing continue to flow. Repeat this exercise a few times.
- If it then works well, try the next exhalation to make the abdomen short by moving your pubic bone minimally toward the navel move.
- Also release this tension at the next Inhale and repeat this exercise until it works well.
- Next comes the combination of these two exercises. Another component is to pull your navel towards your spine. This component is not practiced in isolation.