

Further information

Contact Details:

Women's Health Physiotherapist

Phone: 9784 8400

Frankston Hospital Physiotherapy (general)

Phone: 9784 7660

Phone Apps:

- The Pregnancy Pelvic Floor Plan
- Pelvic Floor First

Disclaimer: The information contained in the brochure is intended to support, not replace, discussion with your doctor or health care professionals.

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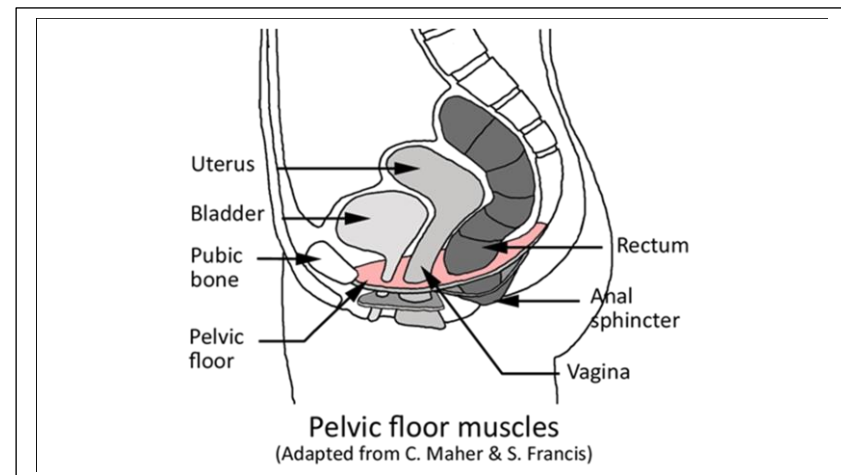
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Care of your pelvic floor after pregnancy

The pelvic floor muscles stop the bladder, uterus and bowel from falling down.

The pelvic floor muscles also stop the bladder and bowel from leaking.



How to strengthen your pelvic floor muscles

Commence on the day you go home:

- Tighten and pull in the muscles around your back and front passages as if you are trying to stop 'wind' and 'wee'
- Let go and relax
- Keep breathing during the exercise
- Repeat 5 times in a row
- Complete 3 times a day when you get home.
- Try when lying down during your rest time or while breast feeding.

How to progress over the next 3 months

- Every week add 1 more second hold
- Continue to increase the hold until you can hold for 10 seconds
- Increase to 10 times in a row

Additional Care

- Lie down during the day
- Lift only the weight of your baby
- Support your stitches using towel or hand support when coughing or sneezing.
- Drink at least 2 litres of fluid, 3 litres if breastfeeding
- Eat fibre eg. Fruits and vegetables
- Avoid straining on the toilet
- Sit forwards on the toilet to open your bowels



Return to Exercise

- Start walking when your baby is 2 weeks old
- Join a pre or post-natal exercise class in your community after your baby is 6 weeks
- Start high impact exercise after your baby is 3 months old eg. jogging, sport