

## **a. Postnatal Program**

### MODULE 6

Postnatal exercises are just as important as prenatal exercises. Some help your body adjust to the changes brought on by the pregnancy and others help you to return to the pre-pregnant state.

Postnatal exercises will improve your circulation, speed up healing, and restore your muscle strength. Furthermore, postnatal exercises will help your bowels and bladder return to normal. You will recover your energy more quickly and feel better and more relaxed.

The following table summarizes the exercises that you can do during your **first week back home**. Refer to Section B "A Program for a Healthy Pregnancy" in this module for a more detailed description.

<b>EXERCISES TO DO DURING THE FIRST WEEK BACK HOME</b>	
<b>Type of Exercise</b>	<b>Exercise Description</b>
<b>Warm-up</b>	Do the parts of the prenatal warm-up that do not cause you any pain.
<b>Strengthening Exercises</b>	<ul style="list-style-type: none"> <li>• Pelvic Tilts</li> <li>• Pelvic Floor Exercises</li> <li>• Pelvic Rock</li> <li>• Curl-ups (except if you have had a Cesarean birth)</li> <li>• Diagonal curl-ups (except if you have had a Cesarean birth)</li> </ul>
<b>Relaxation</b>	<ul style="list-style-type: none"> <li>• Lie on your back with your knees bent. Relax your arms at your sides.</li> <li>• Straighten one leg pressing your knee into the floor and pointing your toes toward your head.</li> <li>• Press your lower back into the floor and pull your shoulder blades together.</li> <li>• Tuck in your chin and push your head into the floor.</li> <li>• Stretch your arms down.</li> <li>• Hold this position for a count of 10.</li> <li>• Relax slowly and completely. Breathe slowly and deeply.</li> <li>• Repeat the exercise using your other leg.</li> </ul>

**In your second week at home**, add the rest of the stretching and strengthening exercises from your prenatal routine.