



6 WEEK POST NATAL GUIDE TO EXERCISE



A GIFT FOR NEW MUMS



ABOUT THE AUTHOR

Karen Jamieson is a physiotherapist and the founder of Mumfit Physiotherapy. She has a special interest in working with pre and post natal mums. Her passion is to educate and empower women whilst encouraging and supporting them in working toward their goals.

She is a strong advocate and experienced resource for women wishing to continue to train throughout pregnancy and beyond.

Karen has a bachelors degree in Physiotherapy, and has undertaken many post graduate courses including women's health & pelvic health, strength & conditioning, and advanced musculoskeletal courses, as well as mentorships in womens pelvic health and strength & conditioning. She is an active member of the APA, and is an AHPRA registered physiotherapist.

Karen lives in Brisbane, Queensland with her partner, and 4 children. She has a pelvic floor prolapse, continues to regularly strength train and play soccer, which she loves with a passion. All thanks to her pelvic floor physiotherapist!

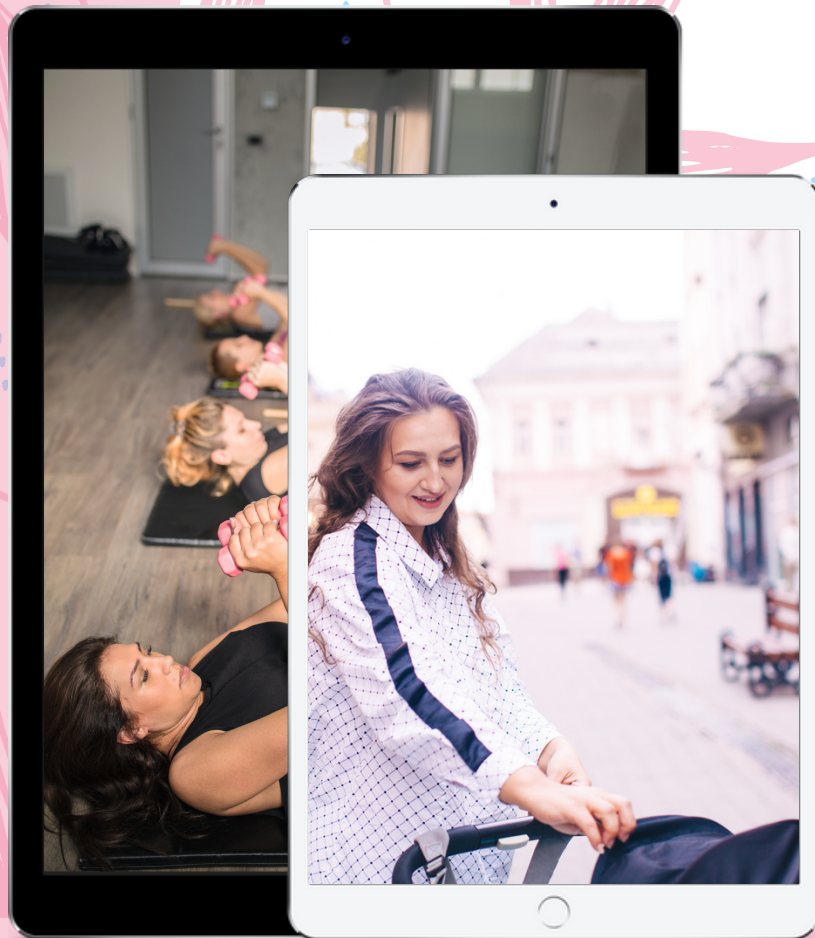




DISCLAIMER

THIS IS NOT A SUBSTITUTE FOR MEDICAL ADVICE

This information is meant as general advice only, and may not be suitable for your situation. This is not individualised medical advice. All pregnancies, births,/deliveries and recoveries are different. If you are unsure if this is right for you, or experience any symptoms, please consult your medical provider for individual assessment & treatment.



**I HAVE JUST
HAD MY →
BABY...**

**WHEN CAN I
START
EXERCISING
AGAIN?**

**WITHOUT
A DOUBT,
THIS IS
THE MOST
ASKED
ABOUT
QUESTION
I GET
FROM
NEW
MUMS**



Entice your audience with stunning visuals.

START BY ASKING YOURSELF THESE QUESTIONS

HOW IS MY RECOVERY GOING?

- Am i connecting with my baby?
- Am I getting enough sleep and rest?
- Am I nourishing my body?
- Am I hydrating my body?
- Am I toileting well? Any pain? Constipation/straining?

HOW IS MY MENTAL HEALTH?

- How is my headspace?
- Am I asking for help?
- Have I processed my birth?
- Am I doing what feels right vs. what I think I should be doing?
- Am I saying no when I need to?

SPECIFIC BIRTH TYPE QUESTIONS

- Do I have any issues with pain?
Cesarean Birth
- How is my scar feeling/looking?
Vaginal Birth
- How is my vagina feeling?
- Am I experiencing incontinence?
- Am I experiencing heaviness/dragging/bulging?



Recovery from both vaginal and cesarean births are **lengthy**. Your **mind** might feel ready, your **body** likely isn't. **Not just yet.**

Take a **moment** to take stock of your thoughts. Your **focus** right now is **recovery**. **Not** what you **should** be doing or where **other** people are at.

I FEEL THE NEED TO MOVE WHAT CAN I DO?

LOW IMPACT EXERCISE FOR THE FIRST 6 WEEKS →



**BREATHING &
CONNECTION**



**WALKING &
RESTORING**



**CORE & PELVIC
FLOOR**

BREATHING

CONNECTING PERFORM 6 - 8 REPS

POSITION: Tummy, Back, or 4
point kneel →

When you breath in, your diaphragm descends, your pelvic floor relaxes and your abdominal muscles should relax, allowing your belly to expand.

When you breath out, your diaphragm ascends, your pelvic floor lifts, and your deep abdominal muscles gently tighten.

Set yourself in any position above, and take a moment to focus on your breath connection with your pelvic floor and core.



WALKING

RESTORING DAILY AS COMFORTABLE



As you feel comfortable, you can start light walking. This can help with your recovery as well as your physical and psychological well being.

Start small, 5 – 10 minutes and keep it light and easy. You should be able to hold a conversation. Build up slowly as comfortable.

Pay attention to any discomfort with your C-section or perineal scar, and any sensation of heaviness, dragging or bulging in the vagina, as this might indicate too much too soon.

You may wish to start without the pram to reduce the load on your body, especially if you had a Cesarean section.

CORE & PELVIC FLOOR

**REACTIVATING
8 - 10 REPETITIONS
TWICE DAILY**

Breathing (as per previous)

Pelvic floor activation

*Endurance - Start with 5 x 3ecs,
Build up to 10 x 10s

*Quick pulses- Start with 5
Build up to 20.

Ensure pelvic floor relaxes fully
between each rep

Bridges

Bent Knee drop outs

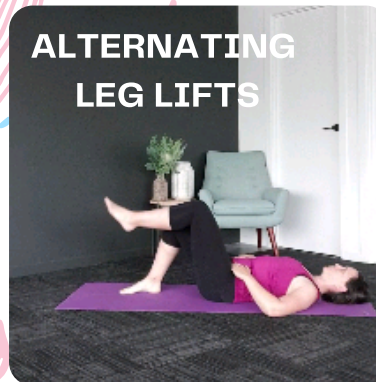
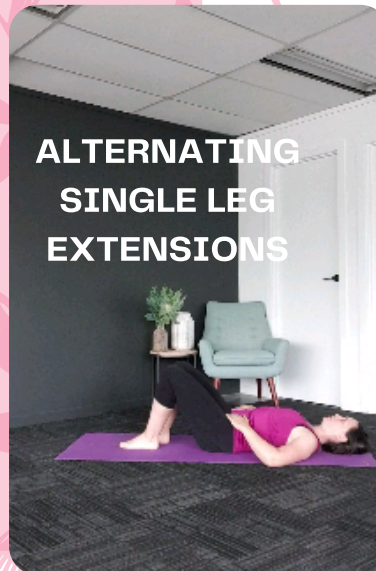
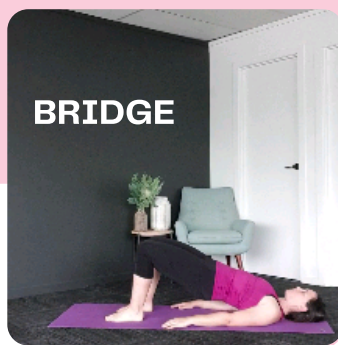
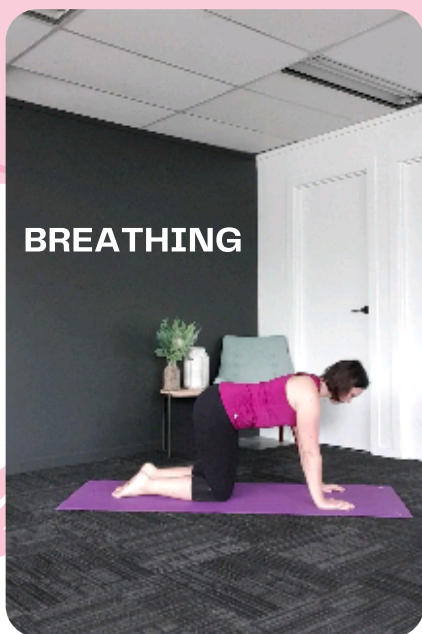
Alternating leg extensions

Bodyweight squats

Hip hinge



CORE & PELVIC FLOOR EXERCISE VIDEO LINKS (CLICK ON TEXT)



**THE MAIN
GOAL OF
THE FIRST 6
WEEKS IS
TO RECOVER
AND
CONNECT
WITH YOUR
BABY**

There is absolutely **no necessity** to do anything during this time **except recover and connect** with your baby. If you **choose** to do some form of exercise, this is a **safe and gentle** starting point.





"The moment a child is born, a mother is born. She never existed before. The woman existed but the mother nexer. A mother is something absolutely new"

Bhagwan Shree Rajneesh

You are doing a great job mama





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