

# Post-natal Exercises (Wochenbettgymnastik)

Dear Mothers,

this leaflet is designed to help you remember some exercises you learned at your clinic.

After pregnancy and birth your pelvic floor and abdominal muscles are overstretched.

These exercises will tone those muscles in the first few weeks after birth and prepare them for specific training later on.

You should keep doing them **for 3 weeks after birth.**

Then we advise you to join a specific post-natal exercise class in order to regain the original function of the abdominal and pelvic floor muscles and to prevent prolaps.

### 1. Exercise

Lie on your front. To prevent too much pressure on the breasts place a cushion under your stomach.



Imagine that you direct your breath into the abdominal and pelvic cavity. While you exhale try to move your pubic bone towards your navel by contracting your abdominal muscles. Relax with the inspiration.

### 2. Exercise

Lie on your back, knees bent, feet on the ground. Put your palms together in front of your chest.



With the expiration move your pubic bone towards the navel and push your palms against each other. Relax when you breath in.

### 3. Exercise

Lie in the same position as in 2. exercise. Now bring your awareness to your pelvic floor, contract these muscles briefly (i.e. imagine you want to stop the urin while urinating) and relax. The abdominal muscles should stay relaxed.

You can do this exercise also in a standing or sitting position.

Do not start training the pelvic floor muscles as long as the exercise is causing pain.

### 4. Exercise

Lie on your side, knees bent, your head resting on your arm. Place the other palm on the ground in front of your navel.



With the expiration move the pubic bone towards navel again and simultaneously push the palm into the ground. Relax with the inspiration. Repeat lying on the other side.

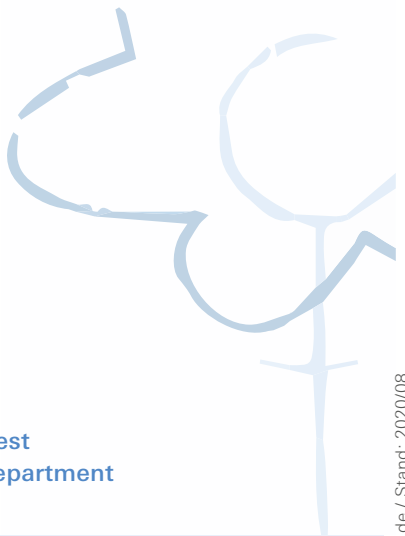
### 5. Exercise

Lie on your side with your knees bent and support your upper body with your lower arm and elbow. The other arm is resting on your hip.

When breathing out move your pubic bone towards your navel and lift your hip bone off the ground. Try to keep your back straight. Relax while breathing in.

To increase efficiency we recommend you to:

- ▶ gradually increase the number of times you are repeating each exercise.
- ▶ gradually increase the vigour you are applying in exercise 2 and 4.
- ▶ perform exercise 5 with your legs straight.



We wish you all the best  
your Physiotherapy Department

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