

6 Week Post-partum Exercises

Pelvic floor and deep abdominal brace – supine

- Lie on your back with feet flat on the floor
- Tilt your pelvis forwards and backwards, then settle in the middle (neutral spine)
- On the breath out, gently draw in your pelvic floor muscles and continue to breathe
- Whilst holding this contraction, imagine bringing your pelvic bones together at the front with your deep abdominal muscles
- Hold this pelvic floor and deep abdominal contraction for _ seconds. Relax
- Repeat _ x.



Pelvic floor and deep abdominal brace – sitting

- Sit on a chair or stool with feet on the floor
- Tilt your pelvis forwards and backwards, then settle in the middle (neutral spine)
- On the breath out, gently draw in your pelvic floor muscles and continue to breathe
- Whilst holding this contraction, imagine bringing your pelvic bones together at the front with your deep abdominal muscles
- Hold this pelvic floor and deep abdominal contraction for _ seconds. Relax
- Repeat _ x



Pelvic floor and deep abdominal brace – four point kneel

- Sit on a chair or stool with feet on the floor
- Tilt your pelvis forwards and backwards, then settle in the middle (neutral spine)
- On the breath out, gently draw in your pelvic floor muscles and continue to breathe
- Whilst holding this contraction, imagine bringing your pelvic bones together at the front with your deep abdominal muscles
- Hold this pelvic floor and deep abdominal contraction for _ seconds. Relax
- Repeat _ x



Bent knee fall out

- Lie on your back with your feet on the floor
- Ensure you maintain neutral spine
- Imagine a glass of water on one knee. On the breath out, gently draw in your pelvic floor and deep abdominal muscles, and slowly lower the other knee out to the side. Make sure your pelvis stays still.
- Bring your knee back in
- Repeat _ x each leg



Heel slide

- Lie on your back with your feet on the floor
- Ensure you maintain neutral spine
- Imagine a glass of water on one knee. On the breath out, gently draw in your pelvic floor and deep abdominal muscles, and slowly slide the other leg out to straighten your knee
- Make sure your back doesn't arch or lift off the floor – if this happens shorten the distance you slide your leg
- Slide your leg back in towards your bottom
- Repeat _ x each leg



Single leg table top

- Lie on your back with your feet on the floor
- Ensure you maintain neutral spine
- Imagine a glass of water on one knee. On the breath out, gently draw in your pelvic floor and deep abdominal muscles, and slowly lift the other leg until your knee is above your hip
- Lower your leg back down
- Repeat _ x each leg



Four point kneel – arm elevation

- Position your knees under your hips and hands under your shoulders
- Ensure you maintain neutral spine
- On the breath out, gently draw in your pelvic floor and deep abdominal muscles, and slowly raise one arm
- Return arm to floor
- Repeat _ x each arm



Four point kneel – leg extension

- Position your knees under your hips and hands under your shoulders
- Ensure you maintain neutral spine
- On the breath out, gently draw in your pelvic floor and deep abdominal muscles, and slowly extend one leg
- Return leg to floor
- Repeat _ x each leg



Ball sitting

- Sit on a ball with knees and hips at 90 degrees
- Tilt your pelvis forwards and backwards, then settle in the middle (neutral spine)
- On the breath out, gently draw in your pelvic floor muscles and continue to breathe
- Whilst holding this contraction, imagine bringing your pelvic bones together at the front with your deep abdominal muscles
- Hold this pelvic floor and deep abdominal contraction for _ seconds. Relax
- Repeat _ x

Progressions:

- Slowly raise your arms in front, ensuring that you maintain neutral spine. Lower. Repeat _ x
- Lift one heel at a time from the floor. Repeat _ x
- Slowly raise one foot from floor to straighten the knee. Lower. Repeat _ x



Side lie abduction

- Lie on one side with your bottom leg bent and top leg straight
- On the breath out, while performing your deep abdominal brace, raise your upper leg
- Ensure that your pelvis does not roll backwards
- Lower your leg
- Repeat _ x each leg



Clam

- Lie on one side with your knees and hips bent
- On the breath out, whilst performing your deep abdominal brace, press your heels together and rotate the top knee up towards the ceiling
- Ensure that your pelvis does not rotate backwards
- Lower your knee
- Repeat _ x each leg



Double leg bridge

- Lie on your back with your knees bent and feet on the floor, arms by your side
- On the breath out, gently draw in your pelvic floor and deep abdominal muscles
- Roll your tailbone off the mat (tilt your pelvis back) and peel your spine off the mat
- Draw your breastbone towards the mat and roll your spine back down, ensuring your tailbone comes down last
- Repeat _ x



Modified abdominal curl

- Lie on your back with your knees bent and feet on the floor
- Gently draw in your pelvic floor and deep abdominal muscles and stretch your hands out towards your knees
- As you breathe out slowly roll up through the spine until your shoulder blades lift just off the floor, then roll back down again
- Ensure there is not bulging or pushing out of your abdominal wall, cease the exercise if this happens.
- Repeat slowly _x



