

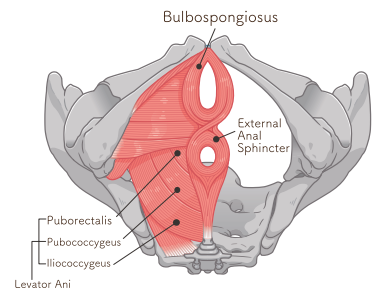
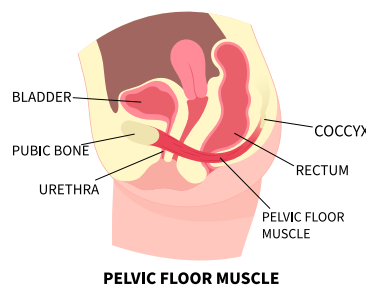
Relative rest

During the first days, standing is to be limited. Avoid the feeling of "perineal and abdominal heaviness".

- It is important to take good rest positions while sitting or lying down. To ensure this, you can take for example some nursing pillows to install yourself correctly.
- Listen to your body!

Postural support

- While standing, ensure correct posture. Remember to occasionally pull in your lower abdomen. Relax your shoulders and straighten up.
- Position yourself well to carry your baby and for breastfeeding. Think about it regularly in all positions!



No major effort

- No high impact sport before 4 months postpartum and sometimes even longer.
- The carrying of heavy loads has to be limited. Given that the abdominal muscles and the perineum (pelvic floor) have not yet regained their initial emotion, it is important to prevent aggressions linked to hyperpressive efforts.
- Start with a good effective abdomino-perineal rehabilitation with a specialized physiotherapist who will guide you in resumption of physical activities. Be patient!

Tips for urinary hygiene

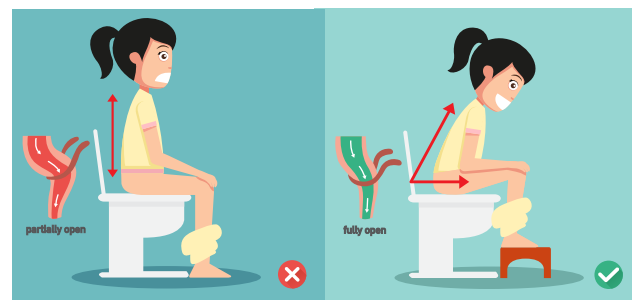
- Try to gradually space out your urinations by at least 3 - 4 hours. When urinating, be sure to sit well, to relax, not to push and to wait for a complete drain.

- Don't panic if you have urinary leakage. Some patients may present this symptom. For most patients these symptoms disappear spontaneously during the first weeks but there is, however a risk of recurrence. Incontinence can also affect women who did not present this symptom immediately. Therefore the importance of a good postnatal rehabilitation !
- If leaks appear during exercise, limit efforts and learn perineal locking (tighten your perineum) before and during efforts such as coughing, laughing, sneezing, etc.

Tips for defecatory hygiene

To avoid constipation, think to drink enough water and have a balanced diet. Here are some additional tips.

- The right position: the knees higher than the hips, straighten up and put your elbows on your knees.
- The right technique: relax! Do not push, but exhale and pull in the belly (as if you were inflating a balloon).



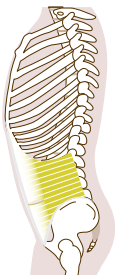
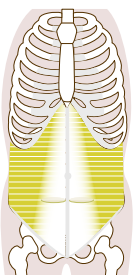
Awareness of the pelvic floor

- Imagine closing the 3 holes which are: the urethra (stop pee*), the vagina, the anus (stop gas)
- To release, remember not to push.
- This exercise makes it easy to regain mobility and feel the pelvic floor muscles. It also stimulates circulation which is favorable for recovery/healing.
- Endurance exercise: contract 10 s, relax 10 s.
- Strengthening exercise: 5 contractions, 10 s relaxation
- The purpose of this exercise is not yet true strengthening.

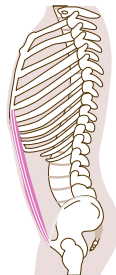
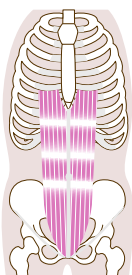
Be aware: Pee stop ist not an exercise!

First abdominal exercise

Transversus Abdominis



Rectus Abdominis



To distinguish: the deep abdominals („corset“) and the superficial abdominals („the suspenders“).

After pregnancy the transversus abdominis (corset) is relaxed and the rectus abdominis (suspenders) can be spread apart. We must first tighten our deep abdominals before acting on the superficial ones.

So remember to get up or go to bed by passing well by your side to avoid soliciting the superficial abdominals!

The reflex contraction of the transversus abdominis (corset) is essential to effectively manage pressure during efforts. This makes it possible to limit the repercussions on the pelvic floor and the descents of organs.

One of the used techniques is „hypopressive gymnastics“ which allows a reflex contraction of the deep muscles of the abdominal strap. The correct learning of this technique requires physiotherapy sessions.

It is especially necessary to avoid the classic abdominals type „crunches“!

After 6 weeks of habilitation: Pelvic floor reeducation

- If you'd like to continue your rehabilitation in our department, we offer you 8 individual appointments which can start from the 6th and up to the 8th week after childbirth depending on the availability of the agenda.
- These sessions consist of carrying out the initial postnatal assessment and teaching you the techniques of abdomino-perineal rehabilitation. We advise you to make these appointments as soon as possible after delivery.
- To achieve the rehabilitation objectives, we recommend to continue your exercises for at least 2 - 3 months.
- After 6 weeks look for a specialized physiotherapist who oversees you in your rehabilitation.

Contact

You can join us from 8 am to 4 pm.



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