

# WEEK 1

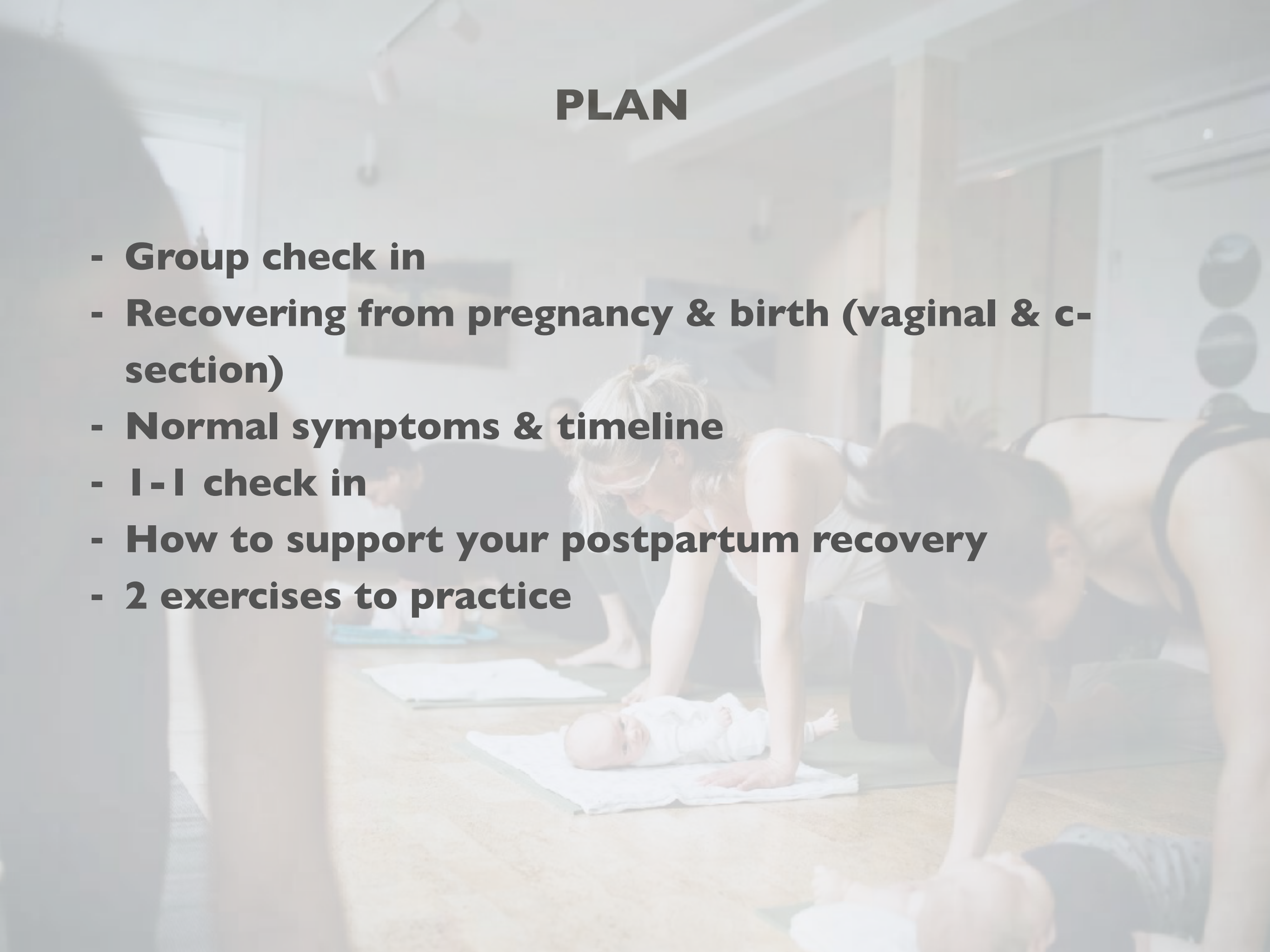
## POST PARTUM FLOOR & CORE AWARENESS PROGRAM

Safely heal your body  
from birth



# PLAN

- **Group check in**
- **Recovering from pregnancy & birth (vaginal & c-section)**
- **Normal symptoms & timeline**
- **1-1 check in**
- **How to support your postpartum recovery**
- **2 exercises to practice**



# CHECK IN

Name & baby's name

How many weeks pp?

What are your goals for  
your recovery?



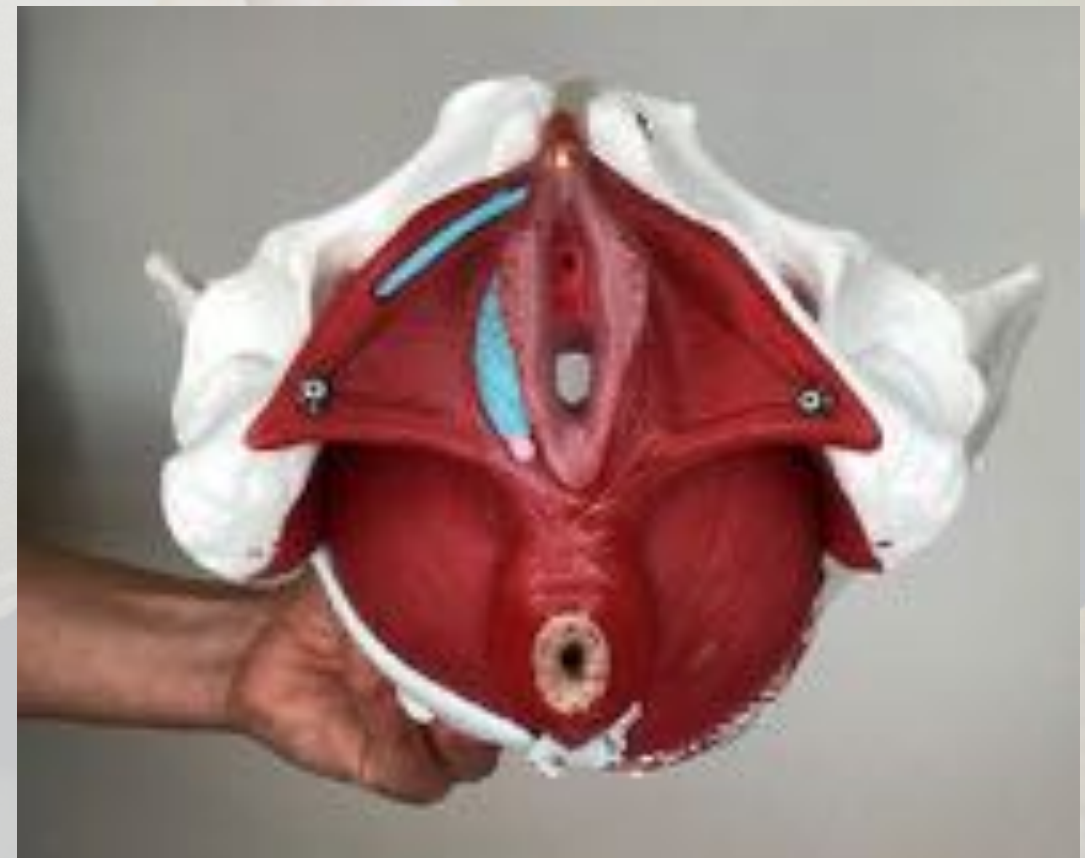
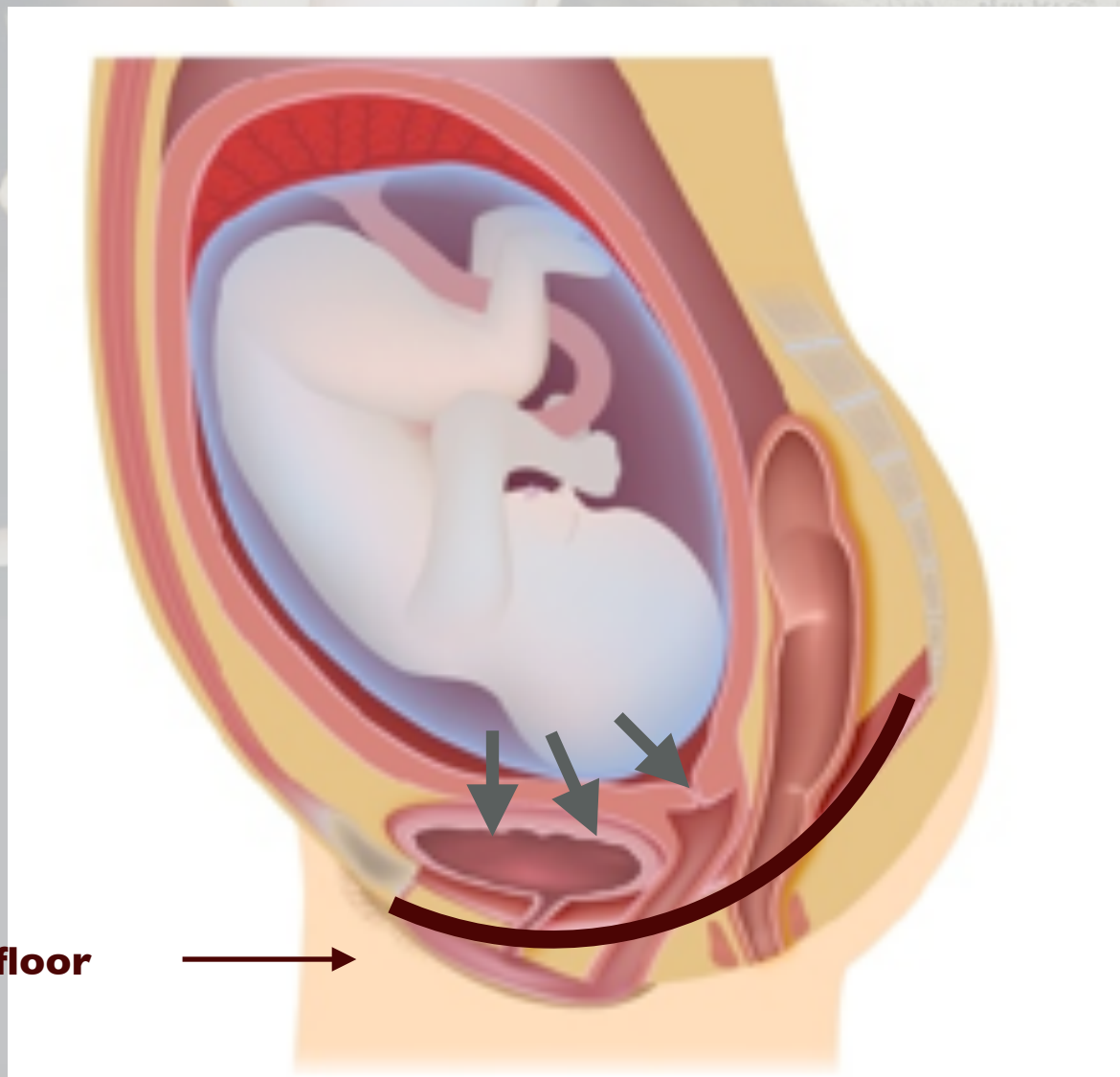




# **RECOVERING FROM PREGNANCY**

# PREGNANCY RECOVERY

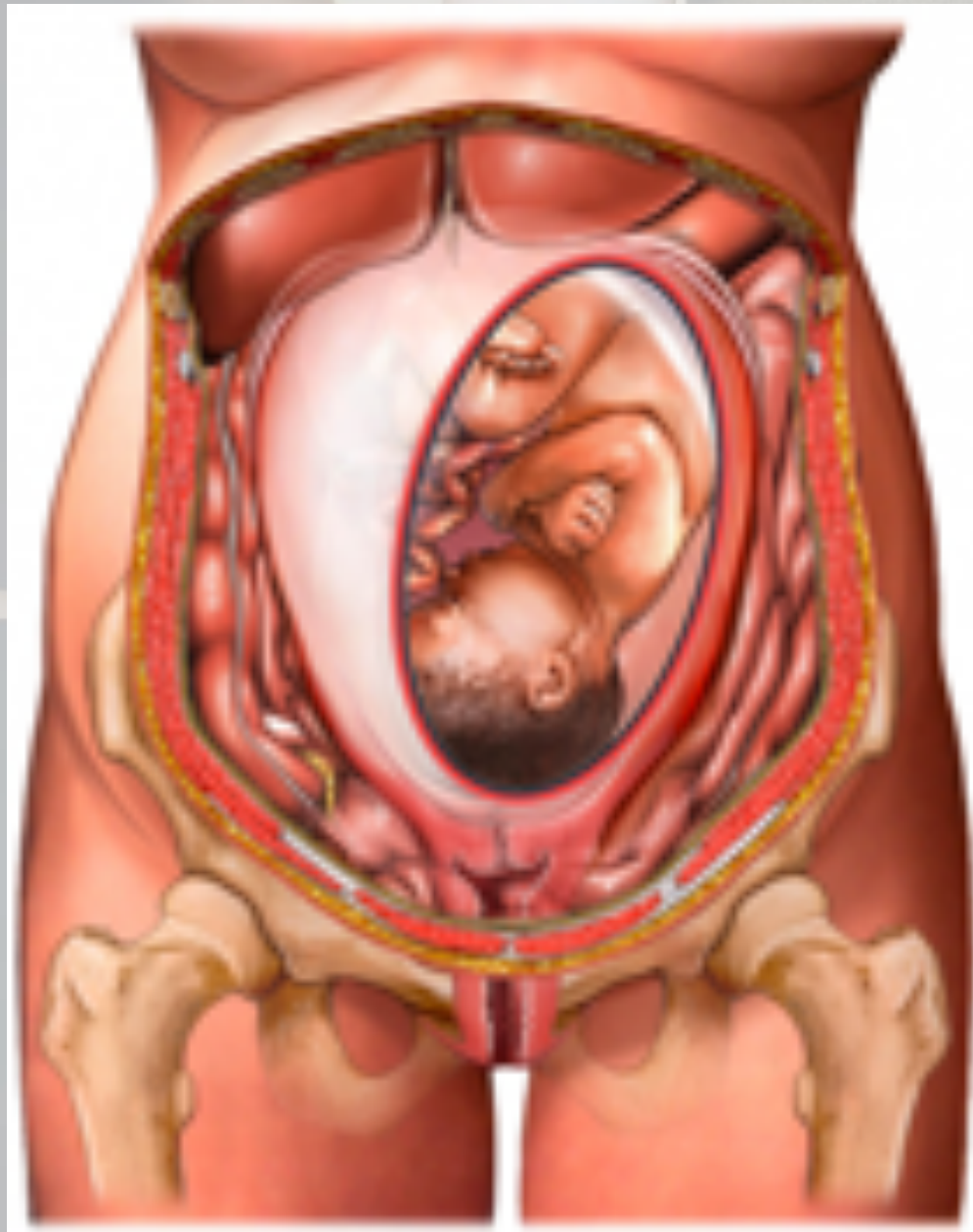
- Pelvic floor





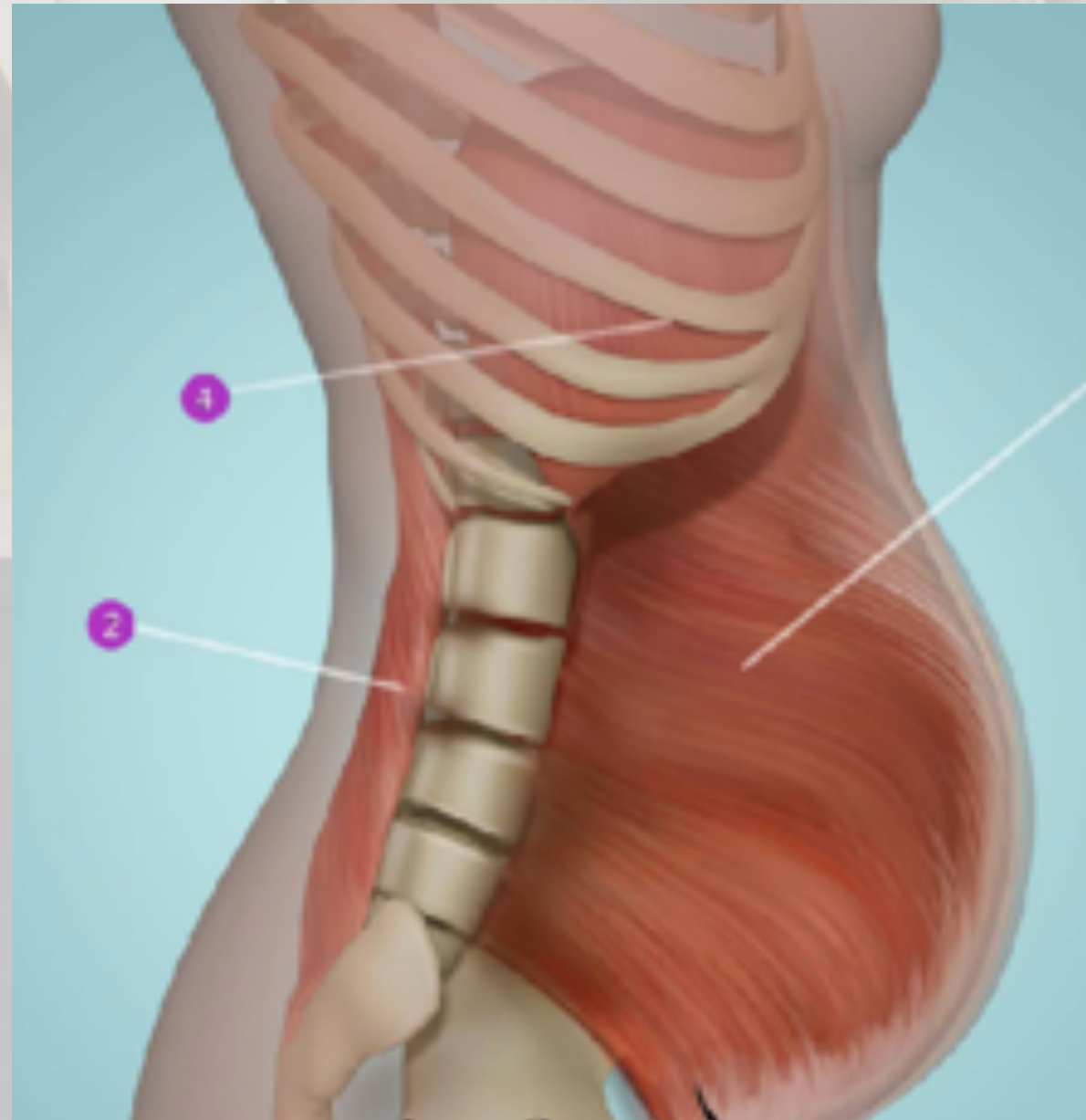
# PREGNANCY RECOVERY

- Breath, rib cage, visceral organs



# PREGNANCY RECOVERY

- Core





# PREGNANCY RECOVERY

- General fitness (muscle strength, cardio)





# DIASTASIS RECTI ABDOMINI (DRA)

- Diastasis recti / abdominal separation (39% at 6 months) (Da Mota)



Diastasic recti

# MEASUREMENT DIASTASIS RECTI



How many fingers can you fit  
At the belly button (or slightly above): \_\_\_\_\_  
1 inch over the belly button: \_\_\_\_\_  
1 inch below the belly button: \_\_\_\_\_

Take note of these findings  
so we can compare at the end of the program



# MEASUREMENT DIASTASIS RECTI



- If you measured **less than 1.5-2 fingers** width at the widest part of your midline, you do not have a diastasis.
- **Between 2 - 3 fingers** width at the widest part, you have a **mild-moderate** diastasis
- **>3-4 fingers** width, you have a **more significant** diastasis

# TIPS TO PROTECT ABDOMINAL SEPARATION

(ONLY IF > 1.5-2 FINGERS WIDTH)

- **Avoid curl ups, crunch, planks**
  - Be careful with standing from deep couch or chairs with a lean
  - Getting up from bed: turn on your side first
- **Breast feeding posture:**
  - upright with supported back
  - pillows in the back to avoid leaning backward
  - Before standing up, wiggle your bum at the edge of the chair
- **Use an abdominal wrap**
  - If > 3-4 fingers width



# VAGINAL BIRTH RECOVERY

- Impact of pregnancy
- Pushing stage > 2h?
- Forceps? Vacuum?
- Vaginal tear? Episiotomy?
- Baby's head size and weight
- Pelvic alignment



# BELLY BIRTH RECOVERY

- Impact of pregnancy
- Emergency c-section:
  - long pushing stage ( $>2h$ )?
  - Vacuum? forceps?
- Surgery
  - Incision: 7 layers of tissues
  - Scar tissue & impact on muscle activation
  - Uterine scar: impact on bladder & pelvic floor



# WHAT IS NORMAL?

SYMPTOMS	NORMAL TIMEFRAME
<b>Pain / soreness around vagina and anus</b> <b>Pain around c-section incision</b>	1-6 weeks
<b>Mild vaginal bleeding</b>	1-6 weeks <i>Should <u>not</u> fill more than one pad an hour</i> <i>Should <u>not</u> increase</i>
<b>Pain with #2</b> <b>Blood in stool</b>	Variable - constipation should be treated first
<b>Bowel control issues, inability to hold gas</b>	1-8 weeks
<b>Urine leaks, urgency</b>	1-8 weeks Should decrease from a week to another
<b>Sensation of pressure in the vagina</b>	1-8 weeks, should decrease progressively
<b>Mild pelvic, low back, hip pain</b>	1-8 weeks
<b>Core weakness, feeling “loose”</b>	6-12 weeks
<b>Painful sex</b>	6-12 weeks
<b>Difficulty moving after c-section</b>	1-4 weeks
<b>Csection numbness around incision site</b>	A few weeks to a few months

# CHECK IN PELVIC HEALTH

What is your biggest  
**WIN?**

What is your biggest  
**CHALLENGE?**

**Bladder health?**

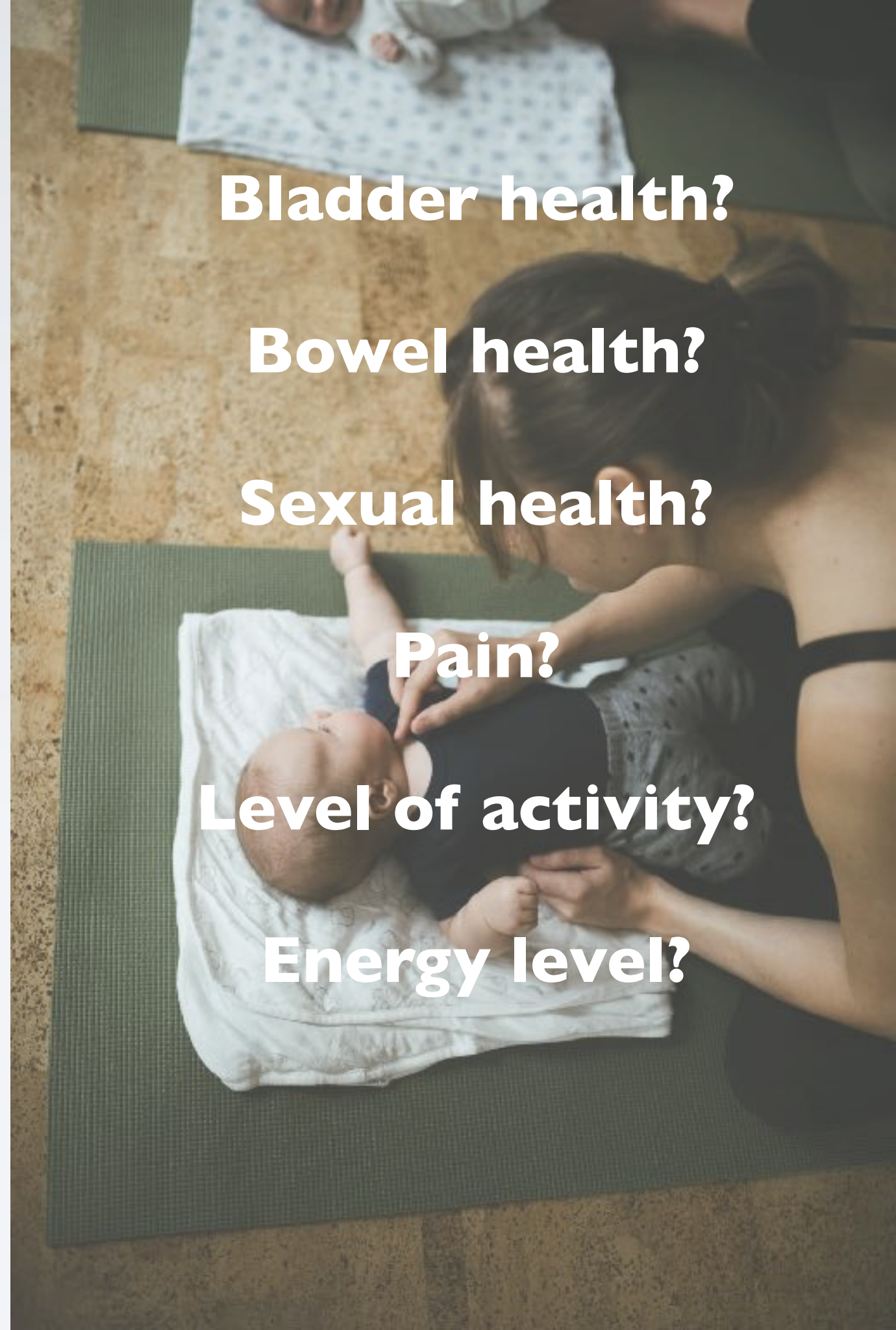
**Bowel health?**

**Sexual health?**

**Pain?**

**Level of activity?**

**Energy level?**





# HOW TO SUPPORT YOUR **POSTPARTUM RECOVERY**



# SUPPORTING YOUR RECOVERY

- **No lifting > baby weight** for 6 weeks - avoid carrying baby in car seat, carrying big grocery loads, toddler
- **0-3 weeks:** rest + + +, no house chores, physical activities, short “mental health walks” 5-10 min max if no symptoms
- **3-6 weeks:** short walks (15-45 min max) according to symptoms, stroller over carrier, functional movements
- **6-12 weeks:**
  - strength training \*\*CHECK OUT YOUTUBE PLAYLIST ON MY CHANNEL “4th trimester safe workouts”
  - low impact activities
  - increase walking time and include hills if no symptoms
  - increase use of baby carrier if well tolerated (no back pain, pelvic pressure)
  - biking, swimming if incision / tears are healed
- **12 weeks + :** may resume high impact activities (running, jumping) according to pelvic floor and core recovery



# SUPPORTING YOUR RECOVERY

## EXERCISE #1 PELVIC FLOOR



## Squeezy app

- In “exercise plan”
- Select “professional mode”
- Activate reminders 2x/day to do 2 sets a day
- Parameters
  - Reps: 10
  - Squeeze time: 2 secs
  - Hold time: 3 secs
  - Relax time: 3 secs
  - Rest time: 10 secs
- Do 2 sets / day for a total of 20 reps



# SUPPORTING YOUR RECOVERY

## EXERCISE #2 DEEP CORE ACTIVATION





# EXERCISE #2

## DEEP CORE ACTIVATION

**1. Breathe in and feel your belly rising**

**2. On the out breath, engage your deep core:** bring your navel down towards your spine as if you wanted to zip a tight pair of jeans. Put your fingers inside your hip bones (deep) & feel TA popping up.

**3. On the next inhale, release your core,** let your abdomen rise with the breath

**5. Repeat 2 sets of 5-10 repetitions, according to muscle fatigue**

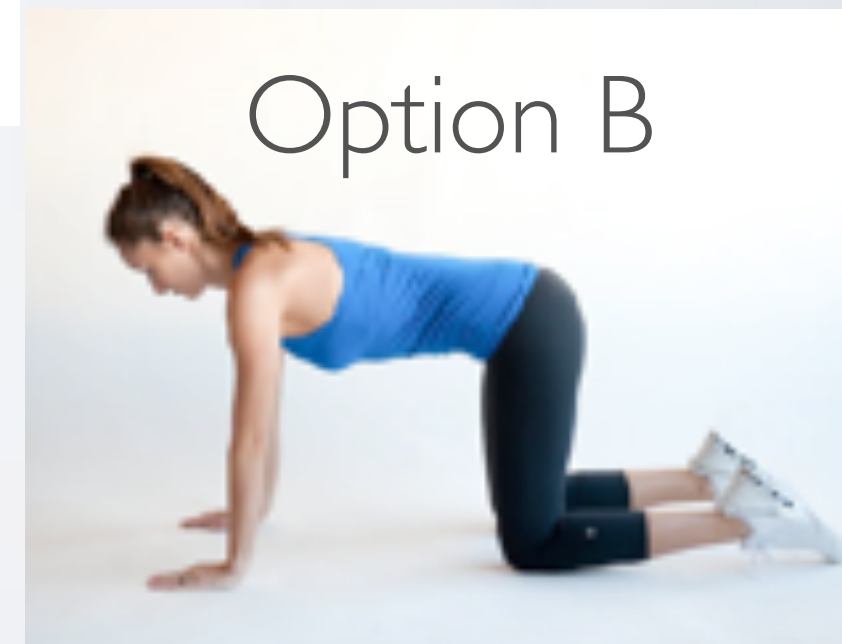
Common mistakes:

- Tilting the pelvis: your back and pelvis should remain still
- “Sucking the belly in” by engaging the “six pack” abs
- Breath holding during the contraction as opposed to exhale

Option A



Option B



# TIPS TO INTEGRATE

- Do your exercises during baby's feeds
- Have a visual reminder by your feeding station
- Phone reminders (Squeezy app, or just a reminder alarm)

# Summary exercises - week 1

	Sets	Repetitions	Contraction time	Release time	Frequency
Pelvic floor activation	2	5-10 reps	5 secs	1-2 breaths	daily
Deep core activation	2	5-10 reps	Exhale	1-2 breaths	daily