

# WEEK 3

## POST PARTUM FLOOR & CORE AWARENESS PROGRAM

Safely heal your body  
from birth



# RETURNING TO PHYSICAL ACTIVITIES AFTER BABY

## **PLAN**

1. Check in
2. Pelvic floor exercises: coordination, Knack, elevator
3. Deep core: 3 floor exercises
4. Back pain prevention

# “Knack”

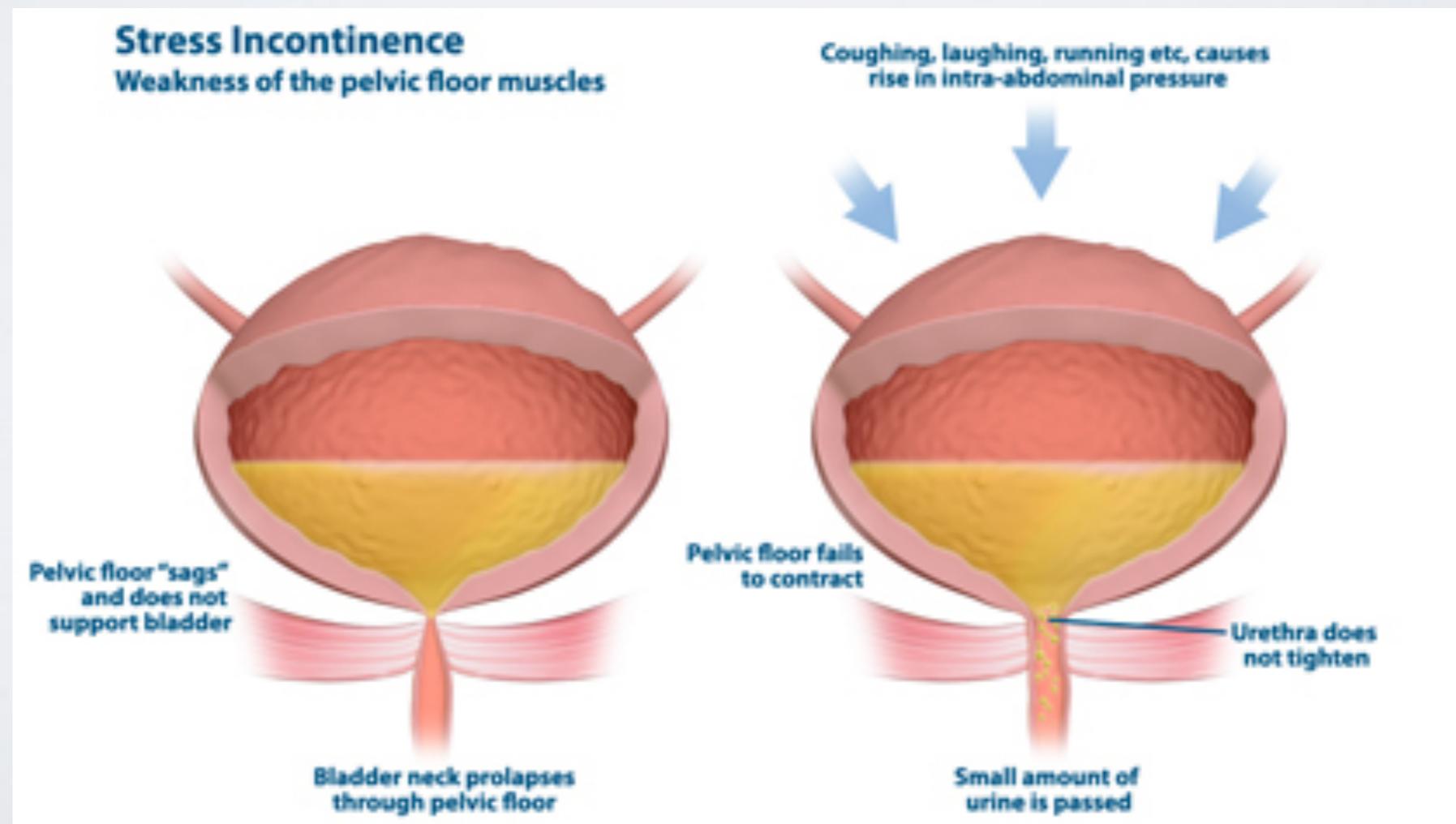
A reflex pelvic floor contraction which occurs before any **intra- abdominal pressure increase**

Allows to remain dry with activities that puts pressure on the bladder

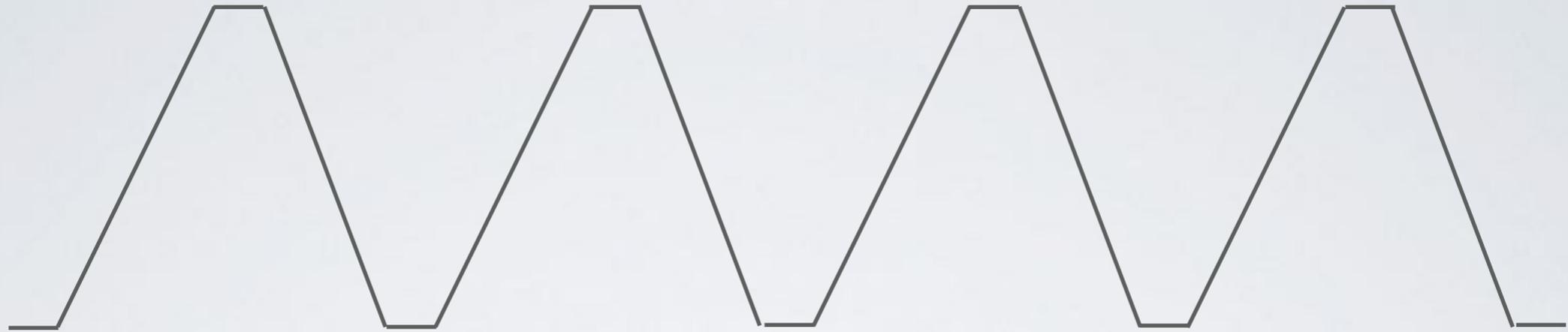
- coughing
- sneezing
- lifting
- going from sit to stand

## Post partum

Need to retrain the reflex by voluntary contracting the pelvic floor before and during those activities



# EXERCISE #1: QUICK SQUEEZE (FAST TWITCH)



**2 secs on / 2 secs off**  
**Repeat 5-10x daily**

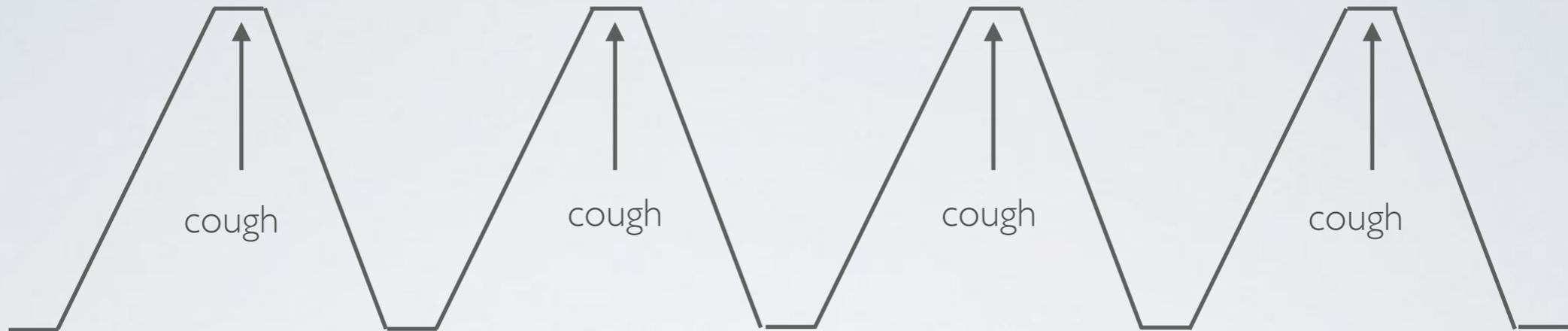
## **Common mistakes**

Not releasing properly  
Breath holding

## **Beneficial for...**

Leakage with sneeze, cough, laugh, lift  
or standing up from toilet

## EXERCISE #2: KNACK



**Squeeze —> cough —> release**

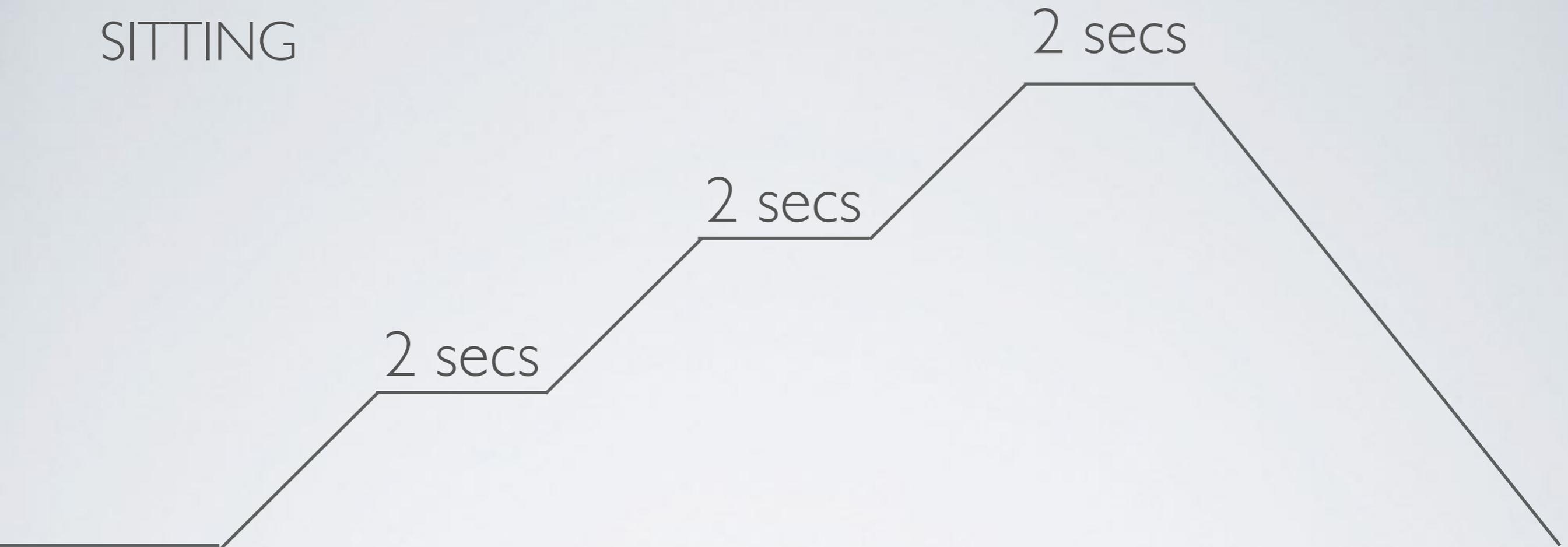
This exercise is not so much meant to practice as a stand alone exercise, but more so to integrate when you sneeze or cough to protect your pelvic floor

### **Beneficial for...**

Leakage with sneeze, cough, laugh, lift or standing up from toilet

# EXERCISE #3: ELEVATOR

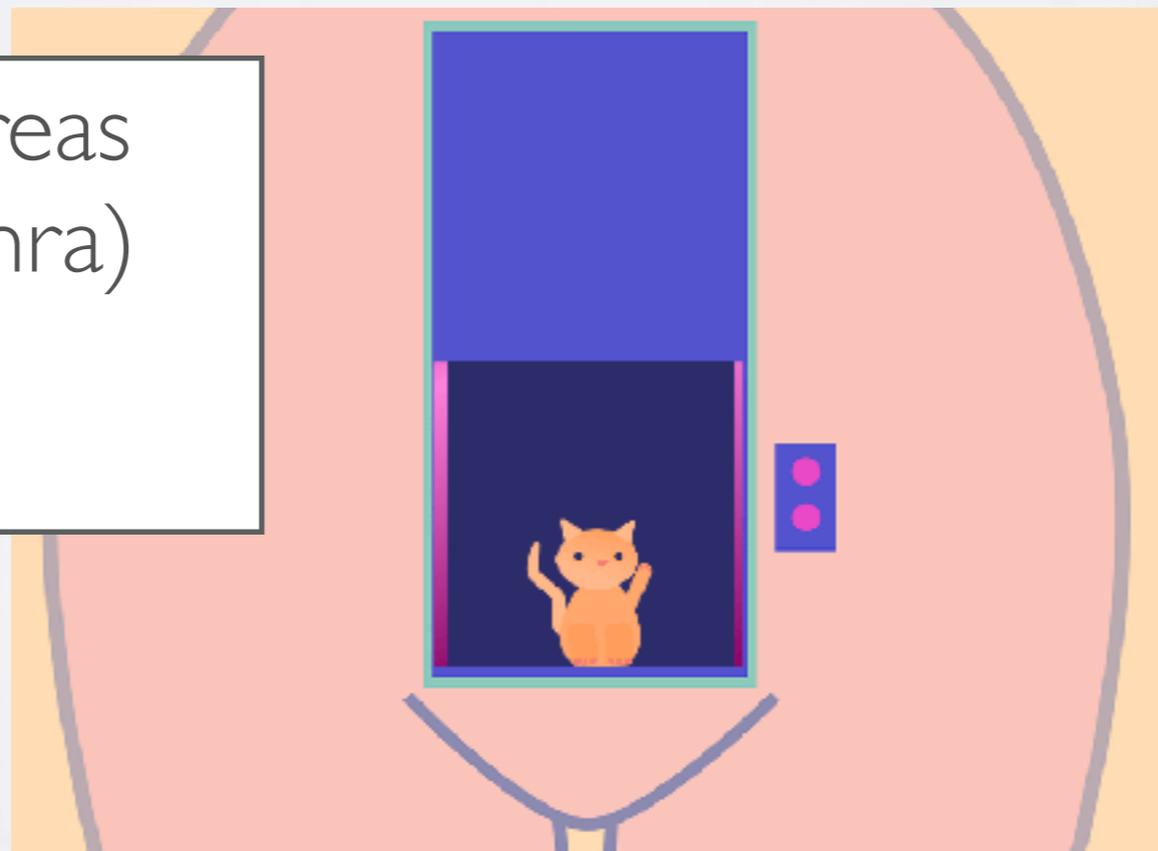
SITTING



Practice with 3 areas  
(anus/vagina/urethra)

10 reps

2 sets a day



## REMINDER OF CORE WORK PRINCIPLES

**A:** Abdomen flat (no doming)

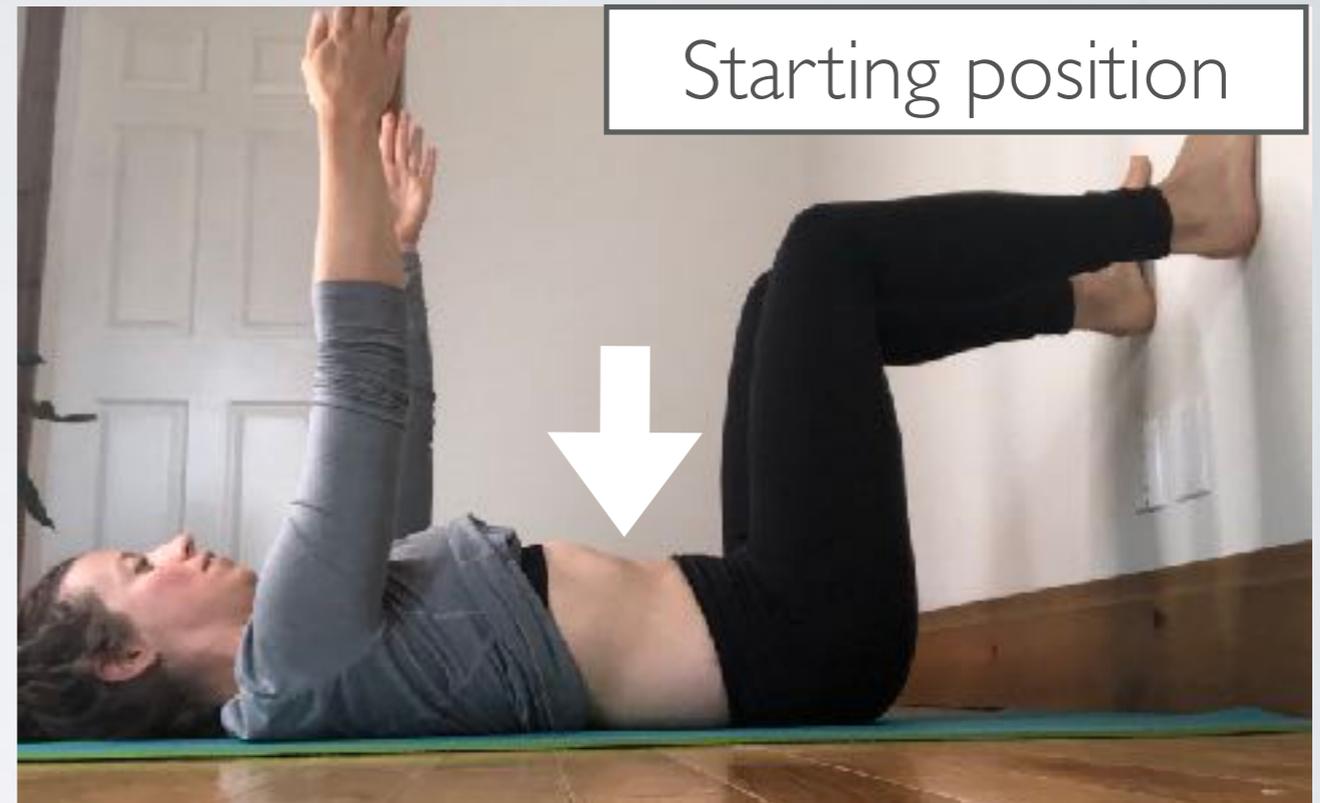
**B:** Breathing (no breath holding)

**S:** Stability (no back arching)

# EXERCISE #4: STADIUM WAVE

1. Take breath in
2. On the out breath, engage deep core as you lift your arms up
3. Inhale as you come back up
4. Come back to initial position
5. Release the core (or not)
6. Repeat 10 times

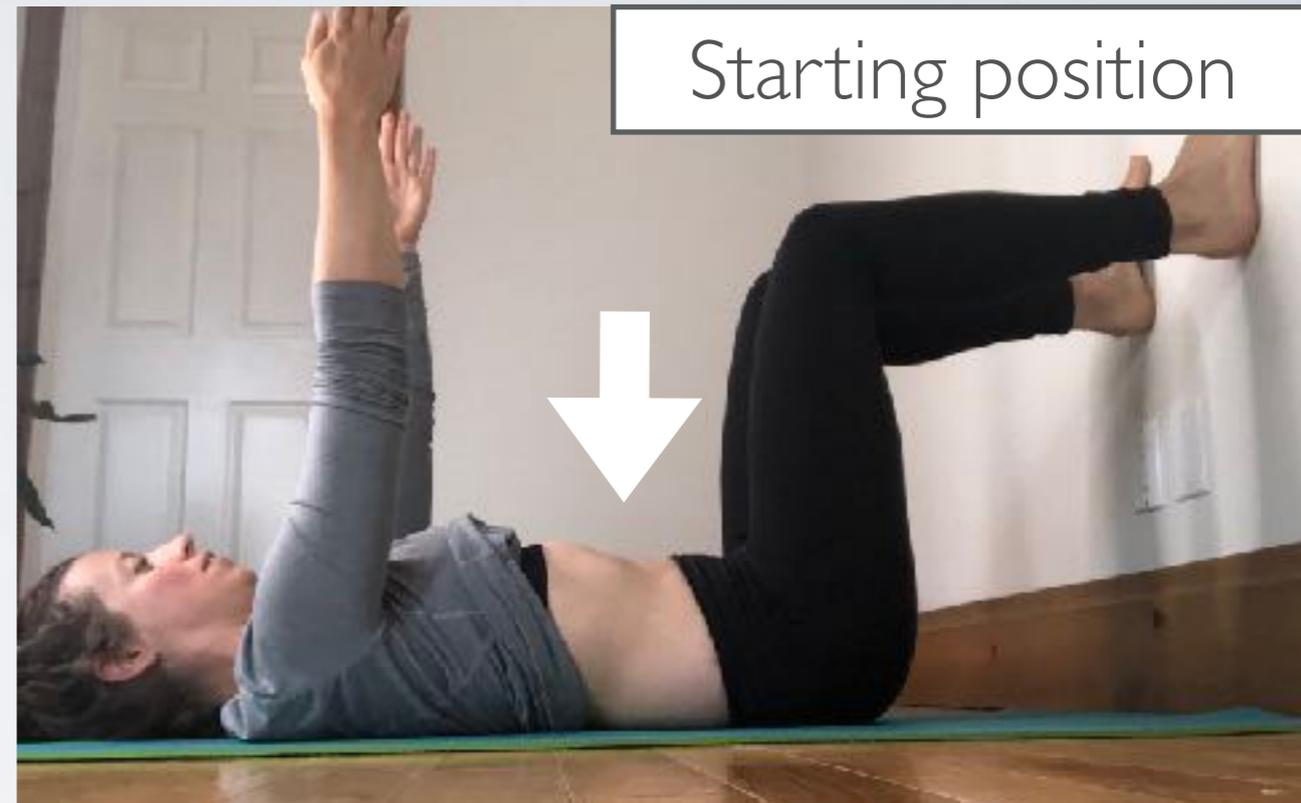
**A:** Abdomen flat  
**B:** Breath  
**S:** Stability (back)



## EXERCISE #5: CHEERLEADER

1. Take breath in
  2. On the out breath, engage as you do a mini crunch while bring one knee towards you
  3. Inhale as you return to initial position
  4. Repeat 10 times, alternating legs
- \*For more challenge: move slightly farther from wall

**A:** Abdomen flat  
**B:** Breath  
**S:** Stability (back)



# EXERCISE #6: TWIST AND SHOUT

\*\*Hands behind your neck

1. Take breath in
2. On the out breath, engage your deep core as you bring your right elbow and left knee together
3. Inhale as you return to initial position
4. Repeat 10 times, alternating sides



**A:** Abdomen flat

**B:** Breath

**S:** Stability (back)

**TIPS OF THE WEEK THEME**  
**KEEP YOUR BACK HAPPY AFTER  
BABY**



# Carrying baby



# Carrying baby

## Coco Belt

Available @ Due North  
or on [amazon.ca](https://www.amazon.ca)



# Posture



# Upper body strengthening to support good posture



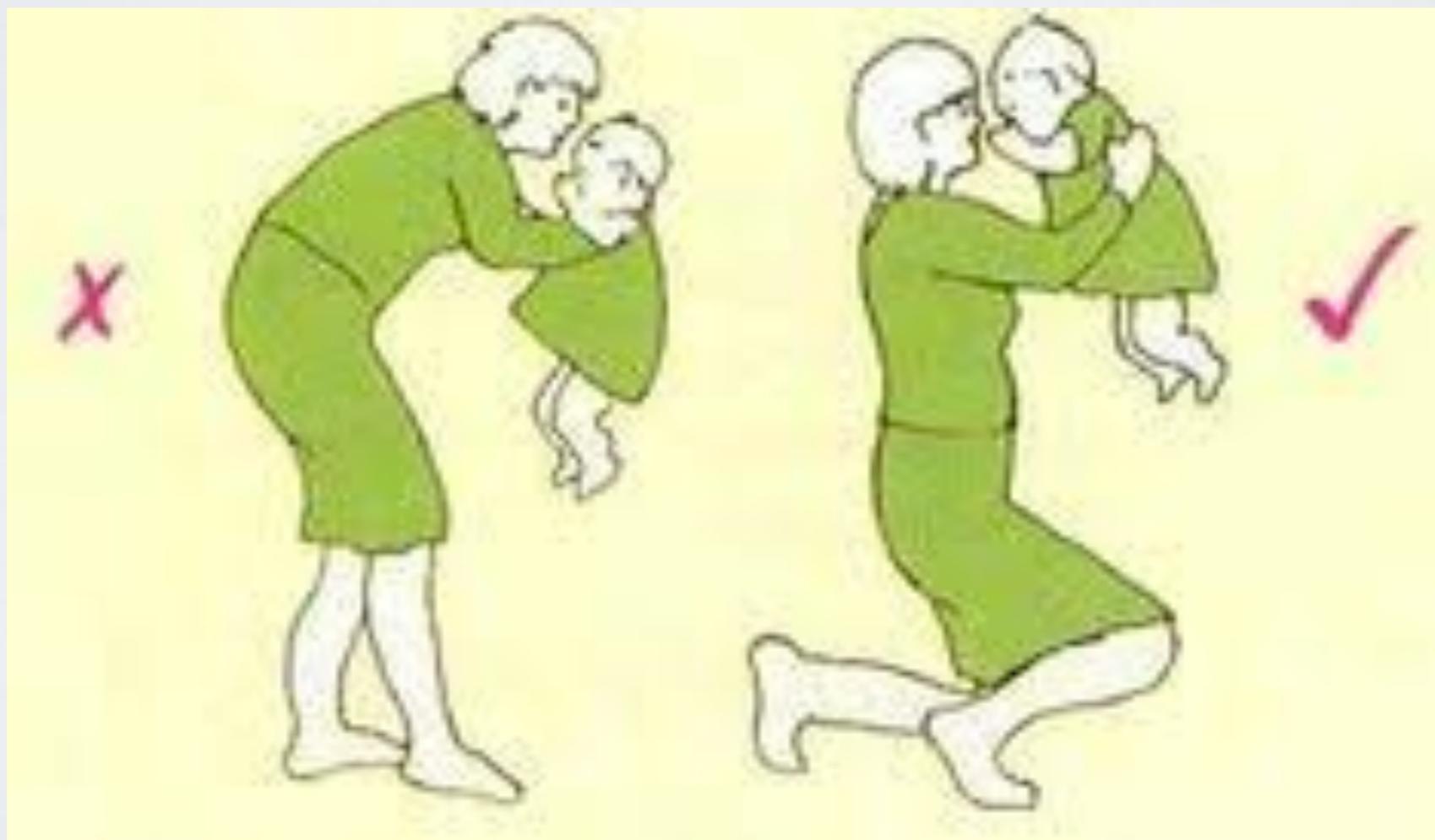
## Stand equally on your feet



## Picking baby up: avoid slouching the back

- With a lunge
- Squatting

**BONUS: you are strengthening your legs at the same time!!**



## Nursing posture

- Firmer seat with feeding pillow
- Keep body centred (not leaning on one side or the other)
- Feet supported
- Pillows in the back if seating is too deep - rolled towel in lower back
- Look up if possible to avoid straining neck muscles



# Vary positions in which you nurse

## Breastfeeding positions Side Lying

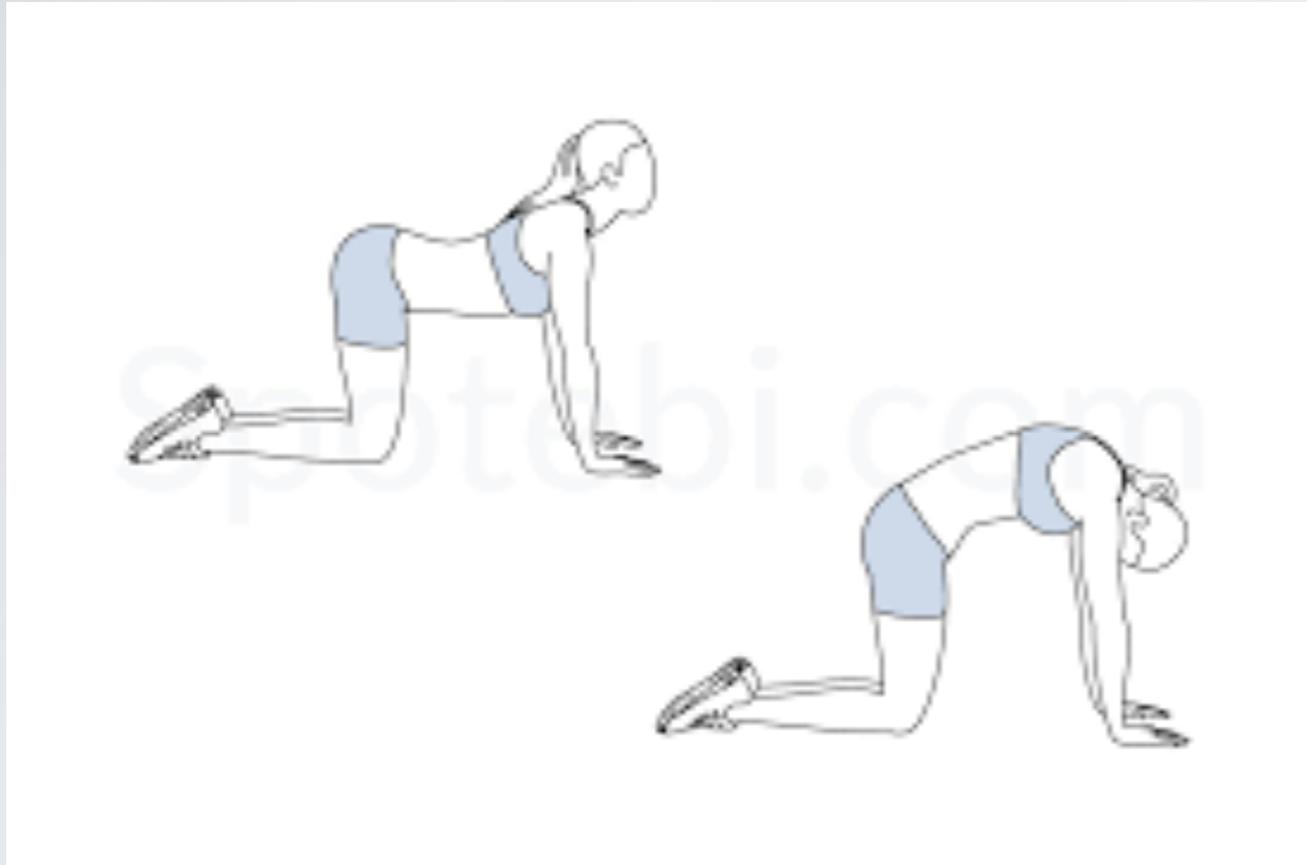


# Mommy & Baby Tummy Time



Extend your back to balance  
hunch over time - do it a few times a day

# Mobility exercises



# **Self massage with tennis balls**



**Check out my Youtube video**

# Heat modalities



## **Warm bath**

Treat yourself  
Good for mental health too!



**Hot water bottle in the back  
while nursing**