

## Pelvic Floor Rejuvenation

You can start pelvic floor rejuvenation whenever you feel comfortable enough to practice, usually at the 6 week mark. If you are experiencing pain or chronic incontinence seek professional help from a physical therapist who specializes in the pelvic floor.

See the PDF's in this section for some guidance on pelvic floor health. \*These are not substitutes for professional therapy. Always get clearance from your caregiver before starting a new health practice.

When you are ready, practice “engaging” **the entire core unit**, which includes the abdominals and pelvic floor -(Kegals). You can practice engaging exercises daily, see PDF's.

Be sure to exhale and engage (contract muscles) during the following:

- coughing
- sneezing
- blowing nose
- clearing throat
- laughing
- sitting down
- standing up
- in/out of car/bed
- lifting/pulling/pushing/carrying

Toileting - see PDF image - sitting in this position during urination can help with complete elimination. Do an inverse Kegal on your exhale, that means relax and push out entire core unit.

Diaphragm breathing - practice visualizing your inhale coming into your nose as a parallel stream of air - straight back to the throat. When you do this your diaphragm will naturally expand. Do this several times a day, until you notice that you naturally breath this way. It could take several months to become a normal habit. Keep practicing. Nose breathing is best.

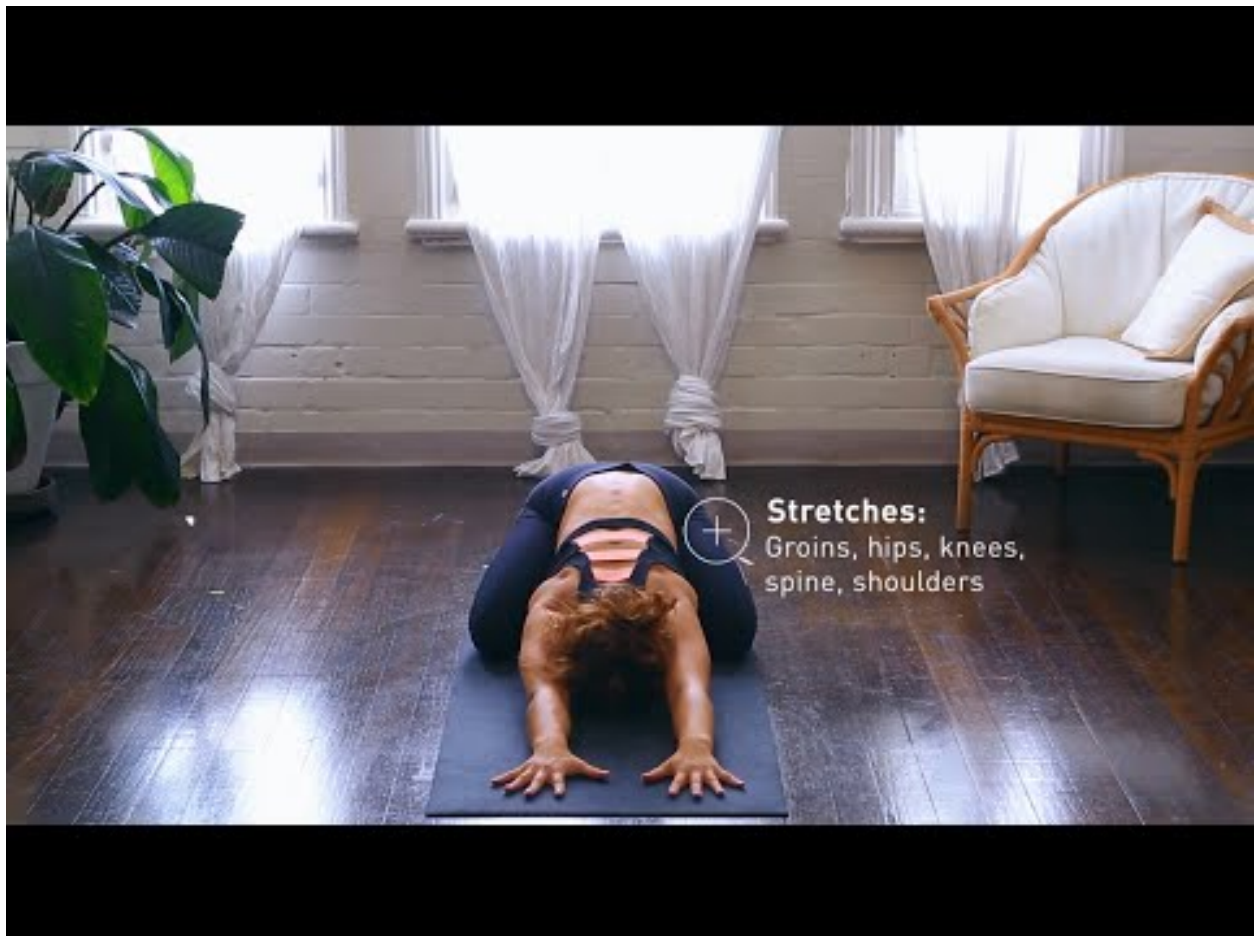
Exercises - see PDF's, you can start these at 6 weeks if cleared from your caregiver. You are meant to engage the entire core unit during each exercise.

Web resources:

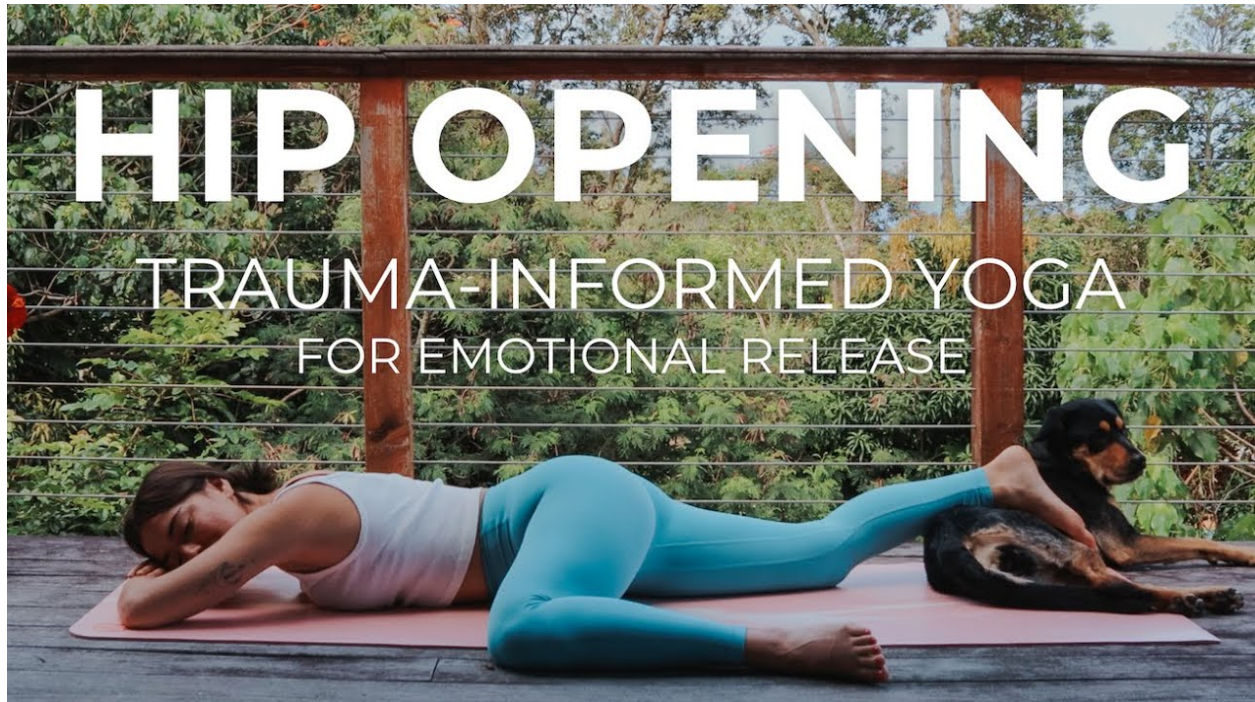
<https://revivalpt.net/postpartum-pelvic-floor-exercises-to-try-after-childbirth/>

pigeon - [www.youtube.com/shorts/zE9Gis9vYcg](https://www.youtube.com/shorts/zE9Gis9vYcg)

Child's pose



Below is a good yoga routine to try after the 6 week mark if you have clearance from your caregiver. It is important to relax the pelvic floor. These stretches will help.



Mayan abdominal massage is very healing. You can do this on yourself or hire a trained therapist. \*\* If cleared by your caregiver you can start about 6 weeks after vaginal birth, and \*\*8-13 weeks after cesarean birth if incision is completely healed.



Red Light Therapy Wand can help some women. Do your own research and then consult your caregiver to determine if vaginal red light therapy is right for you.

At the end of your 40 day postpartum period if you find that you are experiencing incontinence, you can take the short survey provided-

See Pelvic Health Assessment PDF, to determine if you should seek professional help.

If you are experiencing pain, incontinence or have the urge to urinate frequently, it is advised to seek help from a pelvic floor physical therapist. I have attached PDF's that may help (urge control 1& 2). They are not substitutes for professional help.