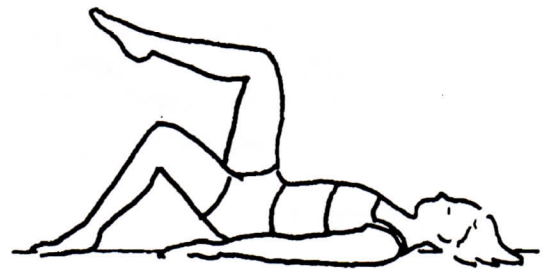


Progressing your exercises after birth - exercises from 6 weeks after birth

It is important that you are able to do your pelvic floor and core abdominal exercises before beginning these new exercises. These muscles help to support your back. If you are unable to use these muscles when doing these exercises you will put too much strain on your back. If you are unsure about any of these exercises, check with your physiotherapist before starting.

1. Knee bends

Starting position is lying down with your knees bent and your feet flat. Draw in your belly button towards your spine and hold it there. Continuing to breathe and bend one hip and knee up towards your chest as far as is comfortable. Hold up for the count of 10 and then slowly bring the leg down so the foot is resting back on the bed. Repeat this with the other leg, continuing to breathe and keeping the abdominal muscle working.



2. Knee fall outs

Start lying down with your knees bent and your feet resting on the bed. Draw in your belly button towards your spine and hold it there. Slowly let one knee fall out to the side. Keep breathing and use your abdominal muscles to keep the opposite leg still. Then, using your abdominal muscles, slowly bring the knee back up keeping the other leg still and continuing to breathe. Repeat this with the other leg making sure you keep your abdominal muscles drawn in to support you at all times.

3. One leg stretch

Start lying down with your knees bent and your feet resting on the bed. Draw in your belly button towards your spine and hold it there. Slowly slide one leg out straight, continuing to breathe. Make sure you are not arching your back. Use your abdominals to support you whilst doing this exercise.

Slowly slide the leg back to its original position, keeping the opposite leg still, continuing to breathe and keeping the abdominal muscles engaged. Repeat on the opposite side.

