

## Post-Delivery Exercises

### 產後運動

Pre-exercise preparation:

Wear loose clothing.

Use the restroom before you start exercising.

Avoid doing exercises one hour before or after meals.

Do exercises on a firm bed or on the floor.

#### [1] Kegel's exercise

Time: 1 day after childbirth. 1-3 seconds per repetitions, 5 repetitions per hour.

Purpose:

Encourages blood flow to help wound-healing.

Reduces swelling and pain.

Improves bladder control.

Directions:

Contract and relax pelvic muscles like holding back urination and letting go. You may also practice by contracting and relaxing the buttocks muscles as if a piece of paper is placed in between.

#### [2] Breathing exercise

Time: 1 day after childbirth. Repeat 5-10 times.

Purpose: promotes blood circulation to the entire body

Directions:

Chest breathing: Lie flat on your back with arms and legs straight. Take deep breaths with your nose, slowly expanding your chest, and exhale very slowly.

Abdominal breathing: Breathe in slowly through your nose, expanding your abdomen, then breathe out slowly, relaxing your abdominal muscles.

#### [3] Pelvic exercise

Time: 4-5 days after childbirth, 3 times a day, 10 repetitions each time

Purpose: Reduces back pain

Directions:

Lie flat on your back, knees raised. Relax and contract the muscles in the lower abdomen and buttocks area. Next, relax the buttocks and lower abdominal muscles and at the same time, raise your lower back, creating an arc.



#### [4] Leg raises

Time: 5 days after childbirth. Repeat 5-10 times

Purpose:

Strengthens pelvic muscles.

Promotes the recovery of the uterus to its original size and shape.

Directions:

Lie flat on your back, arms and legs straight and extended. Raise one leg slowly until it is perpendicular to the bed. Alternate this motion between left and right legs.

#### [5] Perineal exercise

Time: 2 weeks after childbirth

Purpose:

Restores the strength of the vaginal muscles

Reduces the bruises around the surrounding area and speed up the healing process.

Increases sensitivity.

Directions:

Lie on your back with arms straight and legs flexed, knees together. Using your shoulders and feet for support, lift your hips and contract the buttocks muscles. Hold the position for 1-2 minutes. Repeat 5 times daily.

#### [6] Leg curl exercise

Time: 8 days after childbirth

Purpose:

Improves the abdominal and pelvic muscles.

Promotes the recovery of the uterus

Directions:

Lie flat on your back, lift and curl one leg such that your heel touches your buttock and your thigh presses close to your abdomen. Straighten the leg, then repeat with the other leg.



[7] Knee-chest exercise

Time: about 2 weeks after childbirth. Hold the position for 1 minute, slowly increasing to 10 minutes.

Purpose:

Promotes the recovery of the uterus.

Helps prevent back pains associated with the uterus shifting out of place.

Directions:

Kneel down with knees shoulder-width apart. Lean on the floor with your elbows held to the side of your head and chest as close to the floor as you can.



[8] Sit-ups

Time: 1/2 month after childbirth. Start with 2 repetitions, gradually increasing the number of repetitions as muscles strengthen.

Purpose: Strengthens the abdominal muscles.

Directions:

Cross your arms across your chest while lying on your back. Lift your upper torso until your arms touch your knees.



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(英文版)

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Traditional Care**