From 6 weeks after birth:

Normally the wound has healed after 6 weeks, and it is important to start intensive training of the pelvic floor muscles. More information about training you can find in the book «Spedbarnsboken» or in the brochure «Knipen».

How:

* Choose a position with your legs apart.
* Contract the pelvic floor muscles as tight as you can, and pull up and in.
* Try to keep every contraction for **6-8 seconds**, before you release slowly.
* Do **10 repetitions 3 times a day**.
* In order to increase the muscle strength and to improve innervation of the muscles so that they will contract automatically when running, jumping and dancing**, you will need to do regularly exercise for 5-6 months**.

If you have no control over your pelvic floor muscles after regular exercise for a few months, contact the physiotherapy department for guidance.

**Kind regards,**

**The physiotherapy department, phone no. 51 51 83 18.**

# **RUPTURE OF THE PELVIC FLOOR**

# Advice and Exercise from the Physiotherapist

[](https://www.google.com/imgres?imgurl=http%3A%2F%2Fwww.windowofheavenacupuncture.com%2Fwp-content%2Fuploads%2F2014%2F07%2F3688781_s.jpg&imgrefurl=http%3A%2F%2Fwww.windowofheavenacupuncture.com%2Fmoving-toward-contentment%2F&docid=ZQIMgpbWimN0NM&tbnid=A-3WpqOEaikd5M%3A&vet=1&w=346&h=450&itg=1&bih=967&biw=1920&ved=2ahUKEwjai4H_84rpAhVExKYKHTKzAMkQxiAoAnoECAEQGg&iact=c&ictx=1)



# General information:

During delivery of your baby, there was a tear in your pelvic floor muscles. The tear has been sutured, but the area will remain swollen and painful for a while. To ensure a good healing process, it is important that the swollen area is rested and relived from pressure. This can be achieved by limiting the time you spend sitting, as well as reducing the time spent walking or standing. Everyday physical activity is encouraged, but make sure you rest frequently, and preferably in a lying position. If you can sit without feeling pain, the swelling is probably minimal, and you can act normal.

# Positions for rest and relief of the pelvic floor area:

It is important that these resting positions are applied e.g. twice a day the first week. Keep the positions for 15-20 minutes.

1. Lie on your back with a pillow underneath bottom and thigh, so that the pelvic floor is raised. Make sure that your lower back is rested against the surface.
2. Lie on your front, over a rolled up duvet or several pillows, which will make the rectum the highest point of your body.

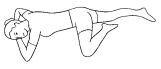
# Pelvic floor exercises:

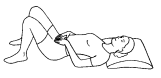
Start pelvic floor exercises as soon as you can after birth. While contracting the pelvic floor muscles, you should feel an internal pull upward and inward, and a tightening around the urethra, vagina, and rectum. Breath normally while exercising, avoid holding your breath. It is important that no accessory muscles are used, like thigh, gluteal and abdominal muscles. While doing the exercises you should avoid pressing downward.

# 0 – 6 weeks after birth:

* By drinking lots of fluid and eating a healthy and fiber rich diet, you can avoid constipation and release some of the pressure towards the pelvic floor.
* Start gently with the pelvic floor exercises. A good starting position is on your back with your legs apart. Contract the pelvic floor muscles by pulling up and in, and then slowly relax. Start with 5 contractions 3 times a day.
* After 4 weeks you can increase the number of repetitions to 10 and try to hold every contraction for 3-5 seconds.

Examples of positions to be used under training:





(ExorLive)