



## Post-natal movement 產後運動(英文)

### Advantages for post-natal movement

- To promote womb contraction and restore prenatal figure.
- To promote vagina muscle's contraction and prevent relaxed vagina.
- To restore the elasticity and intensity of perineum and pelvis bottom muscles, in order to prevent uterus and vagina from sagging.
- To increase the elasticity of the abdomen muscle, and restore pre-natal stature

### Post-natal movement method

#### 1. deep breathing movement

- Time: the first day after the delivery.
- Goal: to promote blood circulation, quality of the changed lung air, and the contraction of muscoli abdominis.
- Method:
  1. chest type deep breathing: lie down—breath in via nose—chest expansion—exhale —chest restoring to the original condition.
  2. abdominal type deep breathing: lie down—breath in via nose—abdomen protrude—holding your breath for several seconds—exhale—abdomens sunken.

#### 2. breast movement

- Time: the 2nd day after the delivery.
- Goal: The enhancement of abdomen muscle is to prevent breast from sagging and to increases the vital capacity.
- Method: Lie down with two arms stretching out straight to the front, and raise both hands to the front; when two palms meet, extend to the forehead, and then return to the starting position. Repeat the motion 5~6 times.

### **3. head movement**

- Time: the third day of the Post-natal.
- Goal: To enhance abdomen muscle.
- Method: Lie down with head lifted, your chin drawn close to your chest. Your shoulders should not leave your bed and pause for a second, then return to lying flat; repeat the motion 5-6 times.

### **4. buttocks movement**

- Time: the 8th day of post-natal.
- Goal: is to facilitate fine elasticity and curve of the buttock and thigh muscles.
- Method: Lie down with one leg bent toward abdomen; draw your foot close to the buttocks with tow tips pressing down; switch to another leg and repeat the motion for 5 times each.

### **5. vagina contractive motion**

- Time: the 10th day of post-natal.
- Goal: is to contract muscles of vagina and pelvis bottom; it also helps to prevent womb, urinary bladder, and vagina from sagging.

### **6. thigh movement**

- Time: on the 10th day of post-natal.
- Goal: it is to promote muscle contraction of your womb and abdomen to restore thigh muscle curve.
- Method: Lie down with your right leg raised as high as possible, tow tips pressing downward without bending your knee, increase the frequency depending on the condition of your physical strength. Switch to another leg and repeat those motions; raise both legs at the end and repeat it five times.







### **7. uterus contraction movement**

- Time: on the 14th day of post-natal.
- Goal: Helps to resume uterus to its normal position.
- Method: lie facing downward with your body bowed and kneel down on the bed with both thighs and calves making a vertical angle; parting both of your legs the same width of your shoulder, facing your bed, hands bending on the bed, chest drawing close to the bed, and with your waist relaxed; keep such a posture for 5-10 minutes.

### **8. abdominal exercise**

- Time: on the 14th day of post-natal.

- Goal: Promotes muscle contracture of the uterus and abdomen.
- Method: lie horizontally with both hands placed flat on the body; use the strength of your abdomen to sit up. Use your finger tips to touch your toe twice and then lie down on the bed. Place your hands behind your head to sit up and repeat the motion 10 times when you regain your physical strength.

		
breast movement	head movement	buttocks movement
		
vagina contractive motion	thigh movement	uterus contraction movement

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