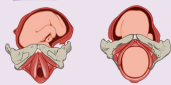


Postpartum PFM Exercise

“Vaginal birth is equivalent to a major sports injury. The pelvic floor requires time and attention to fully recover.”
Most recovery occurs in the first 6 months.



When can I start safely exercising?

Get help with everything below & more! A pelvic floor PT helps stop leaks, pain, & pressure.

First few weeks: RICE

Slow & gentle walking

Rest Ice Compression Elevation



Rest promotes healing



Ice reduces swelling



Compression helps the PF fascia reset



Leg elevation reduces pressure on the pelvic floor muscles

2nd few weeks: PFM connection

Low impact & strengthening

Exhale with lifting



Relieves pressure and helps core

The Knack



“Squeeze PFM & sneeze” to prevent leaks

Find PFM (pelvic floor muscles)

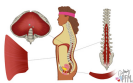


Practice squeezing the anus, vagina, & clitoris

3rd few weeks: PFM progression

Low impact & strengthening

Pelvic Brace with IAP



A coordinated core manages pressure

Pelvic floor drop



Practice releasing the anus, vagina, & clitoris

PFM stretching



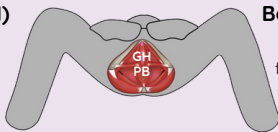
Soften the muscles & openings

12 weeks: (before high-impact) PF fascia test

Increase intensity as indicated

Genital Hiatus (GH)

Urethra to posterior forchette



Perineal Body (PB)

Posterior forchette to mid-anus

Test the pelvic floor fascia externally with GH+PB to measure how well it is supporting your tissue

12 weeks: (before running) PFM functional test

Couch to 5k program after test

PFM testing



Intravaginal exam & sEMG testing

Strength testing



Includes core & lower body

POPQ testing



Intravaginal test support & prolapse

Load & impact management



Functional movements

Free handouts & videos



Austin & Leander

Book Pelvic PT Now

