

# POST-PARTUM RECOVERY

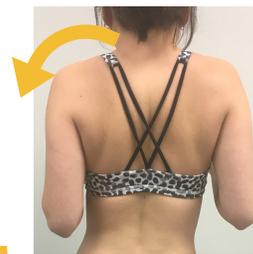
Most women can return to intercourse and exercise 2-3 months after delivery. However, pregnancy, birth, and caring for a newborn can put a lot of physical strain on your body. Muscular aches and pains, often in the back, neck, and shoulders, occur with feeding and holding a growing baby. And hormonal changes, such as vaginal dryness can persist as long as you are breastfeeding.

## For post-partum soreness, try these exercises:

These exercises can be done as often as you want, as long as they feel good



**Cat-Cow:** 1) Start hands & knees  
2) Arch back: stick out buttocks & pull shoulders back. 3) Round back: tuck tailbone down and pull shoulder blades apart 4) Hold each for 3-5 secs and repeat 10-15 times



**Shoulder Rolls:** Roll your shoulders 15-20 times forwards & backwards.



**Doorway Stretch:** 1) Stand in a doorway and place hands at shoulder height 2) Lean into the doorway to feel a stretch along the front of your chest. 3) Repeat at different hand heights



**Tummy Lying Back Stretch:** 1) Lie on your tummy and push up onto your elbows. 2) Relax in this position to feel a stretch in your mid-back

## Returning to exercise and intercourse:

- Start slow and easy, and listen to your body
- Start by increasing your daily tasks to get some exercise
- Use a lubricant for intercourse
- Progress only when you feel ready

## IF YOU EXPERIENCE...

- Urine or fecal leakage
- Vaginal heaviness or pressure
- Low back, pelvic, or tailbone pain
- Pain with intercourse

## IT COULD MEAN...

- Your pelvic floor muscles are weak or too active
- Your pelvic organs have descended towards your vagina
- Imbalances in the muscles, ligaments, or bony structures of the pelvis and low back
- Scar tissue dysfunction or hormonal imbalances



SERVICES:  
Pelvic Floor Physiotherapy  
Registered Massage Therapy  
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