Taking care of your pelvic floor during postpartum

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What are pelvic floor dysfunctions?

They are problems that include:

- Urinary Incontinence (leakage in inappropriate moments)
- Bladder or uterus prolapse
- Loss of flatus or feces
- Pain during intercourse
- Loose vagina sensation

- These problems sometimes are transitory
- Pelvic floor exercises can help on recovery of vagina in postpartum, avoiding major complications

Right after birth you might feel some discomfort or pain in region. This will improve after some time.

What is urinary incontinence?

- It is when you have involuntary urine loss in some activities like: laughing, coughing, sneezing or during physical exercises.
- When diagnosed or early treated, the recovery occurs with pelvic floor muscle training, without needing any surgical procedure.
- If some of these problems occur, the pelvic floor exercise can improve the symptoms. But it is important to search for help on first 6 months postpartum.

Orientation:

- Do pelvic floor exercises;
- Visit your doctor regularly and inform him if these symptoms appear;
- Avoid smoking or be in presence of cigarette smoke;
- Have a health nutrition, avoiding overweight;
- Practice exercises at least 4 times a week for 30 minutes, preferably with professional assessment;
- Keep your bowel functioning normly with good alimentary habits (fiber ingestion, drink water, eat fruits);
- Touch your body, make massage on it. Remember your genitals are part of your body, they are sensible and need care;
- Be ok with you and others.

Pelvic floor exercises

How to localize your pelvic floor or perineum?

To localize this region set your index finger between anus and vagina, this is the central region of your pelvic floor muscles.

What happens when I contract these muscles?

I feel all region go upwards and a closing pressure occurs.

How do we perform pelvic floor muscles exercise?

You should perform the following exercises twice-a-day, repeating 10 times each at least.

1) Resistance training — sustained contraction for 10 seconds. Elevator exercise (contraction at beginning is smooth—first floor, and its intensity increases until maximum of contraction and strength—last floor).

2) Strength training — 5 fast and strong contractions. Try to follow the baby suction rhythm during breastfeeding.

3) If you cough, sneeze or do some physical efforts, try to contract your pelvic floor

If you have any doubts, please contact our physical therapy team!!