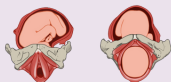


# Postpartum PFM Exercise

“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)



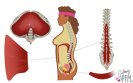
Practice squeezing the anus, vagina, & clitoris

### 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

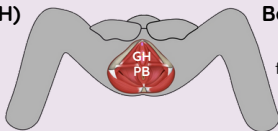
### 12 weeks: (before high-impact) PF fascia test



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

