



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

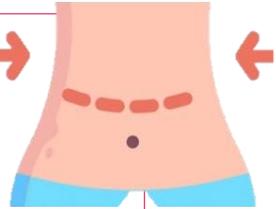
مستشفى الملك فهد الجامعي
King Fahad Hospital The University

Postnatal Exercises



What are the benefits of postnatal exercise?

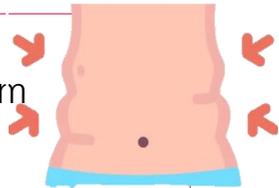
Returns the uterus and abdomen to their positions before pregnancy



Strengthen the body



Remove excess fat resulted from pregnancy

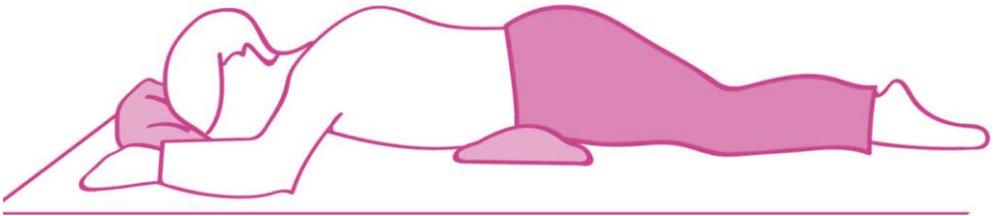


Are there specific exercises that can be practiced?

Yes, there are many exercises as shown below:

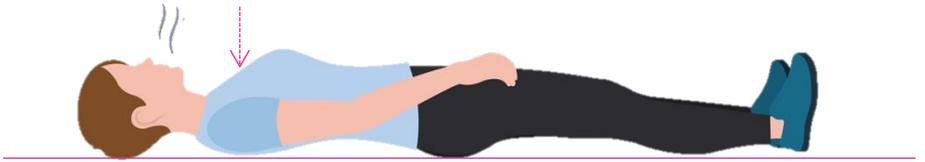
First exercise:

Lie on the stomach with a pillow under the abdomen.



The second exercise:

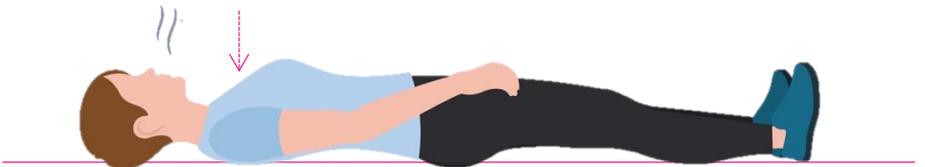
1. Lie on the floor while inhaling .



2. Lift your head and pull your feet back while exhaling



3. Go back to lying down as in the first step with inhaling



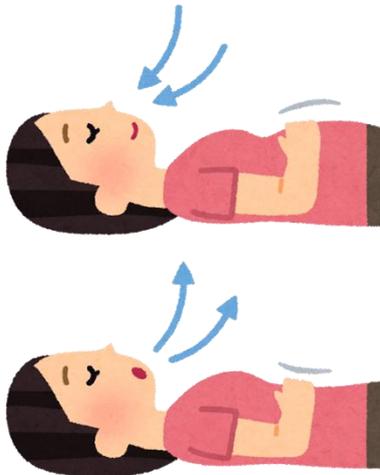
4. Repeat the exercise 8 times.

The third exercise:

1. Lie on the floor with the feet bent.

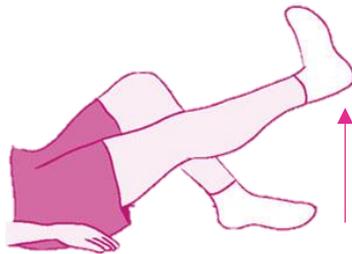


2. Place your hands on the chest while inhaling and exhaling.



The fourth exercise:

1. Lie down on the floor with your right leg extended forward and your left leg bent as shown.
2. Slowly raise your right leg upwards while continuing to move the foot forward and backward.
3. Lower your right leg while bending it. Do the same exercise with your left leg.



The fifth exercise:

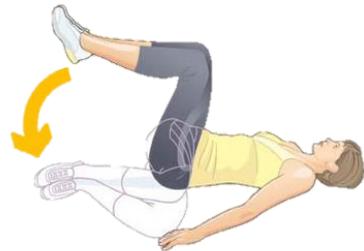
1. Lie on your back with your feet bent.



2. Lower your legs to the right until they touch the ground, move your head to the opposite side.



3. Lower your legs to the left while moving your head to the right.



4. Return to the starting position.



5. You can repeat the exercise 8 times.



Kegel exercises:

1. Tighten the vaginal muscles as if you were trying to stop urine.
2. Count from 1 to 4 and then relax, repeat the exercise 10 times.
3. Repeat the same exercise 3 - 4 times, and you can repeat the exercise 3 times a day.

Sources and References:

All pictures used from Flaticon.com and Freepik.com

Review and audit:

The content of this booklet has been reviewed by
Obstetrics and Gynecology Consultants at King
Fahad University Hospital.

Health Awareness Unit
Obstetrics and Gynecology Department

IAU-20-25



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