

**Taichung Armed Forces General Hospital
Leaflet of Inpatient Nursing Instructions**

產後運動之護理指導

Sir/Lady:

Guidelines of postpartum exercises

- I. Purpose: Postpartum exercises for women include foot exercises, breathing exercises, neck exercises, chest exercises, knee twisting exercises, pelvic rocking exercises, sit-ups, and other movements to support postpartum recovery (Figure 1).
- II. Introduction to the exercises:
 - (1) Foot Exercises: Begin on the first day postpartum, 5-10 repetitions per session.
Method: Flex, extend and rotate both ankles.
 - (2) Breathing exercises: Begin on the first day postpartum, 5-10 repetitions per session.
Method:
 - (1) Lie on your back, relax your body, and extend your arms and legs.
 - (2) Inhale slowly through your nose, expanding your chest as much as possible.
 - (3) Contract your lower abdomen and slowly exhale the air.
 - (4) Hold your breath, continue contracting the lower abdomen, press your lower back firmly against the bed, and then relax.
 - (3) Neck exercises: Begin on days 2-3 postpartum, 5 repetitions per session.
Method:
 - (1) Lie flat on your back on the bed, extend your arms and legs, and place your palms by your sides.
 - (2) Tilt your head backward, bending forward as much as possible, bringing your chin toward your chest while contracting your abdominal muscles. Return to the starting position.
 - (4) Chest exercises: Begin on days 2-3 postpartum, 5 repetitions per session.
Method:
 - (1) Lie on your back on the bed, extend your arms out to the sides to shoulder level, keeping them straight and flat.
 - (2) Slowly raise both hands and bring them together, then slowly return to the starting position.
 - (5) Knee twisting exercise: Begin on days 4-5 postpartum, 5 repetitions per session.
Method:
 - (1) Lie on your back, keeping your legs bent and together, and allow your knees to naturally twist, bringing your hips to the right side. Slowly return to the original position.
 - (2) Repeat on the left side, then relax.
 - (6) Pelvic rocking exercise: Begin on days 4-5 postpartum, 5 repetitions per session.
Method:
 - (1) Lie on your back with knees bent, and relax your entire body.
 - (2) As you deeply inhale, use your shoulders and hips as support to arch your lower back and pelvis.
 - (3) Slowly inhale while contracting your abdominal and gluteal muscles and pressing firmly against the bed. Hold for 3-5 seconds, and then relax.

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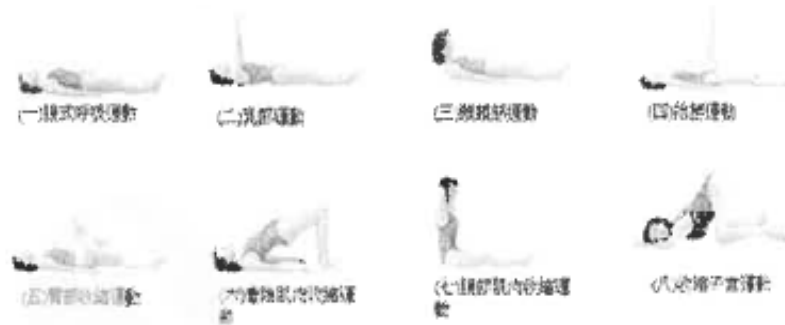
(7) Sit-up exercise: Begin on day 14 postpartum, 5 repetitions per session.

Method: Lie on your back on the bed, cross your hands behind your head, use your abdominal muscles to sit up, and lie back down. Repeat several times.

III. Precautions:

- (1) When performing postpartum exercises, be sure to do them according to your physical condition. Do not force yourself to avoid injury or discomfort.
- (2) To avoid thrombosis, postpartum women are encouraged to get out of bed and start moving as early as possible. If experiencing discomfort or unusual symptoms, please inform the medical professional and return for a checkup promptly.

Figure 1. Postpartum Exercises



If you are still unclear about something or have any questions, please contact the nursing station in the ward