



INFORMATION SHEET FOR NEW MOTHERS

We're delighted to share the joy of your child's birth and would like to congratulate you and your partner.

The physical and hormonal changes you're experiencing coupled with the lack of sleep and possibly a painful scar might well be making things difficult for you right now. However, you are able to move more freely and can turn onto your stomach again to relax, for instance.

Try to find the right balance between activity and rest. Do not overdo it.

The pregnancy and birth have over-stretched the pelvic floor muscles and caused tears.

These take around two weeks to heal. During this time, you should not fully brace your pelvic floor muscles. The Caesarean section has left a wound. In order to protect the sutures, you should avoid putting too much strain on your stomach muscles over the next six weeks.

Please do not hesitate to contact us if you have any questions.



USEFUL IDEAS FOR THE FIRST SIX TO EIGHT WEEKS

Getting up and lying down ①

- On your side to protect your back, your straight stomach muscles and the stomach sutures
- You can raise the headboard, if necessary

Metabolism exercise ②

- Move your hands and feet as often as possible (rotating, bending, stretching)

Bending and lifting ③

- Bend at the knee with your legs hip distance apart and back straight
- Brace your pelvic floor while breathing out and lift the weight close to your body

Positions to adopt when breast-feeding and relaxing ④

- On your side with a breast-feeding pillow

- Sitting with arm supports for breast-feeding
- On your stomach

Exercise class for new mothers

Starting from the second or third day after the birth, you can join a special exercise class for new mothers. This includes:

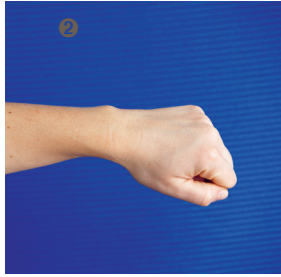
- loosening and activation exercises
- perception of the pelvic floor
- posture tips
- relaxation techniques

Monday to Friday, 9.30h to 10.00h, in the Physiotherapy department on Level 0

Post-natal exercise class

Permitted after six to eight weeks. You will find detailed information about this class in the baby folder.

We look forward to seeing you soon.



HIRSLANDEN baby

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