

POSTNATAL EXERCISES



产后锻炼

注意：锻炼前请征得医师许可

THIS
GIRL
CAN

#ThisGirlCanVIC

Simplified Chinese, September 2020



CHANGE
the
GAME



WALKING



- 1 Start with small and gentle walks and slowly increase your walking time or distance**
 - 2 Break your walks up into small bouts throughout the day**
 - 3 Start with 10 minutes daily and aim to progress as your body is ready.**
- Please note:** Avoid return to running until cleared or advised to do so.
- Note:** please seek medical clearance prior to returning to exercise.

步行

1. 小步慢行，慢慢增加时间或距离
2. 每次步行一小段，一天多次
3. 刚开始每天 10 分钟，身体适应时再增加时间。

请注意：恢复跑步要先征得医师允许或建议

THIS
GIRL
CAN

#ThisGirlCanVIC

CHANGE
the
GAME

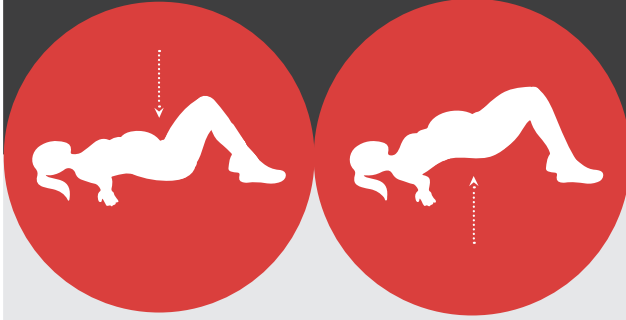
VICTORIA
State
Government



HOBSONS
BAY CITY
COUNCIL

VicHealth

PELVIC TILT



- 1 Lay on your back on the floor with your knees bent and feet on the floor in a comfortable position.
 - 2 Allow back to arch. Allow back to flatten to the ground.
 - 3 Engage pelvic floor
 - 4 Repeat this movement for 10 repetitions.
- Progress** - Increase your repetitions, add another set of 10 as able.
- Note:** please seek medical clearance prior to returning to exercise.

骨盆倾斜

1. 躺在地板上，弯腿，脚放在地板上，保持舒适姿势
2. 后背弓起
再躺平
3. 调动盆底肌参与
4. 重复 10 次

进阶方式 - 增加次数，多做 1 组，每组 10 次。

THIS
GIRL
CAN

#ThisGirlCanVIC

CHANGE
the
GAME

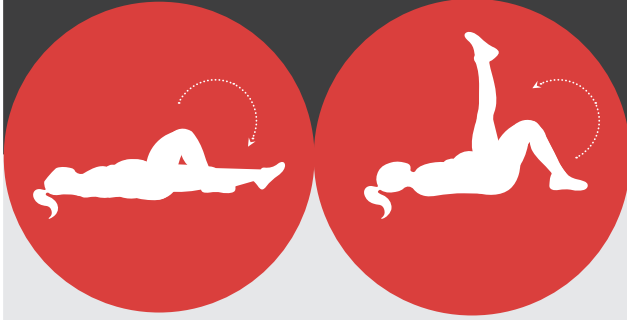
VICTORIA
State
Government



HOBSONS
BAY CITY
COUNCIL

VicHealth

SINGLE LEG LIFT



- 1 Lay on your back on the floor and have your knees bent and feet on the floor.**
 - 2 Bring one leg up and bend your knee towards your chest and return that leg to the starting position.**
 - 3 Repeat lift and lower for the other leg.**
 - 4 Complete five times per leg, 10 times total.**
- Progress** - as you lift your leg to 90 degrees lengthen your leg out towards the roof, bring it back to 90 degrees then bring back to the floor.
- Note:** please seek medical clearance prior to returning to exercise.

单抬腿

1. 躺在地板上，弯腿，脚放在地板上
2. 一条腿抬起，膝盖向胸部弯曲，然后回到起始姿势
3. 另一条腿重复相同动作
4. 每条腿做 5 次，总共 10 次

进阶方式 - 抬腿至 90 度，伸腿向屋顶，再回到 90 度然后放回地板

THIS
GIRL
CAN

#ThisGirlCanVIC

CHANGE
the
GAME

VICTORIA
State
Government

VicHealth

HOBSONS
BAY CITY
COUNCIL

STANDING SINGLE LEG WALL PRESS



- 1 Stand parallel to a wall and bring the leg closest to the wall up to 90 degrees (with the knee bent).**
 - 2 Press the foot of the straight standing leg into the floor.**
 - 3 Push the bent leg into the wall.**
 - 4 Hold this position for three seconds and bring the leg down to rest.**
 - 5 Repeat five times per each leg.**
- Note:** You will feel the muscle in the standing leg working to stabilise the pelvis
- Progress:** increase your reps as able, aim to complete 10 reps per each leg.
- Note:** please seek medical clearance prior to returning to exercise.

站姿单腿靠 墙拉伸

1. 站直与墙平行，抬腿至 90 度靠墙（弯腿）
2. 直腿使劲站直
3. 弯腿使劲顶墙
4. 保持 3 秒，腿部放下休息。
5. 每条腿重复 5 次

备注：您能感受到直腿肌肉在用力稳定骨盆

进阶方式 - 视情况增加次数，每条腿做 10 次

THIS
GIRL
CAN

#ThisGirlCanVIC

CHANGE
the
GAME

VICTORIA
State
Government

VicHealth

HOBSONS
BAY CITY
COUNCIL

WALL PUSH UP



- 1** With your feet shoulder-width apart, stand about an arm's length away from a wall.
 - 2** Place your palms on the wall at shoulder height and shoulder-width apart.
 - 3** Breathe in as you bend your elbows and slowly move your chest towards the wall while keeping your feet on the ground (it is ok if your heels lift off the ground).
 - 4** Breathe out and use your arms to push your body slowly back to your starting position, your arms returning to straight position. Repeat 10 times.
- Extra Support** - Stand closer to the wall.
- Progress** – Increase the number of times you do the activity to two times ten.
- Note:** please seek medical clearance prior to returning to exercise.

站姿单腿靠 墙拉伸

1. 双脚与肩同宽，与墙壁保持手臂距离。
2. 双手与肩同宽，掌心放在墙上与肩同高。
3. 吸气弯曲手肘，胸部向前靠墙，双脚站稳（脚跟可轻微抬起）。
4. 呼气手臂缓慢撑起身体至起始姿势，手臂伸直。重复 10 次。

辅助方式 - 靠墙近一些。

进阶方式 - 增加次数至 2 x 10

THIS
GIRL
CAN

#ThisGirlCanVIC

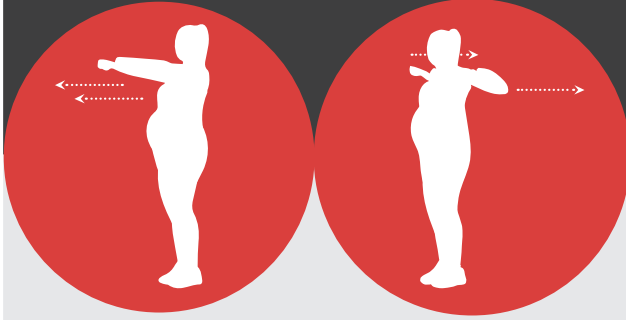
CHANGE
the
GAME

VICTORIA
State
Government

VicHealth

HOBSONS
BAY CITY
COUNCIL

SHOULDER SQUEEZE



- 1 **Choose to either stand or sit up straight in a chair**
- 2 **Extend your arms straight in front of you with your palms facing down and fingers curved like you are holding a bar.**
- 3 **Pull your arms back, bending your elbows until they are behind your back. Squeeze your shoulder blades, hold for three seconds and release. Repeat 10 times.**

Progress- Increase your repetitions to two times 10. For an extra challenge look at adding a resistance band to this exercise.

Note: extra beneficial for those who are breast feeding or experiencing upper back tightness

Note: please seek medical clearance prior to returning to exercise.

挤肩

1. 在椅子上坐直
2. 手臂向前伸直，掌心向下，手指弯曲呈握杆状。
3. 手臂拉回，手肘弯至背后。挤压肩胛骨，保持 3 秒后放松。重复 10 次。

进阶方式 - 增加次数至 2 x 10。要增加难度，可以用弹力带。

备注：对母乳喂养或上背部紧张的人士有格外的好处

THIS
GIRL
CAN

#ThisGirlCanVIC

CHANGE
the
GAME

VICTORIA
State
Government

VicHealth

HOBSONS
BAY CITY
COUNCIL



Disclaimer

If you have any current or prior medical conditions, please check with your GP or accredited medical professional if you can participate in the exercises. If you feel unwell while doing the exercises stop immediately and seek professional medical advice. There is inherent risks in participating in exercising and you undertake to participate at your own risk and warrant that you are physically and mentally able to safely undertake these exercises and have no medical or health condition which will or may affect you during or as a result of undertaking the exercises. By participating in these exercises, you agree to the terms of use and indemnify Council for any damages and liability for death, personal injury, loss or damage to property. The exercises are generic and are not tailored to the individual needs of the participants.

免责声明

如果您现在或以前有过任何健康问题，请咨询您的全科医师或认证医疗专业人士，以确定您是否能进行锻炼。锻炼中如感觉到不适，请立即停止并就医。锻炼有风险，本人承诺将自担风险，并保证本人具备安全锻炼的身体和精神条件，并且本人没有可能影响锻炼的医疗或健康问题。本人参与锻炼，即表示本人同意市议会的使用条款，并同意市议会无须因为任何人员伤亡或财产损失或损害而承担任何赔偿责任。本文介绍的锻炼项目仅针对普通目的，可能无法满足参与者的个性化需求。

Acknowledgement

Council acknowledges the peoples of the Kulin nation as the Traditional Owners of these municipal lands and water ways. We pay respect to Elders past, present and emerging.

鸣谢

市议会感谢这些市属土地和水道的传统所有者 Kulin 族人。对于他们过去、现在和未来的长者，我们谨表诚挚敬意。

THIS
GIRL
CAN

#ThisGirlCanVIC

Formal Arabic, September 2020

HOBSONS
BAY CITY
COUNCIL



CHANGE
the
GAME

VICTORIA
State
Government

VicHealth