

# POSTNATAL EXERCISES



產後鍛煉

注意：鍛煉前請征得醫師許可

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Traditional Chinese, September 2020

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# 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，慢慢增加時間或距離
2. 每次步行一小段，一天多次
3. 剛開始每天 10 分鐘，身體適應時再增加時間。

請注意：恢復跑步要先征得醫師允許或建議

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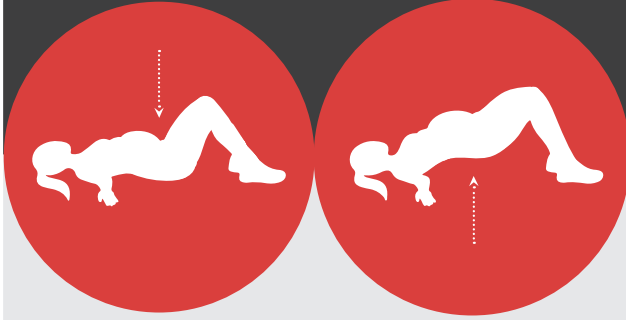
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# PELVIC TILT



- 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.

## 骨盆傾斜

1. 躺在地板上，彎腿，腳放在地板上，保持舒適姿勢
2. 後背弓起  
再躺平
3. 調動盆底肌參與
4. 重複 10 次

進階方式 - 增加次數，多做 1 組，每組 10 次。

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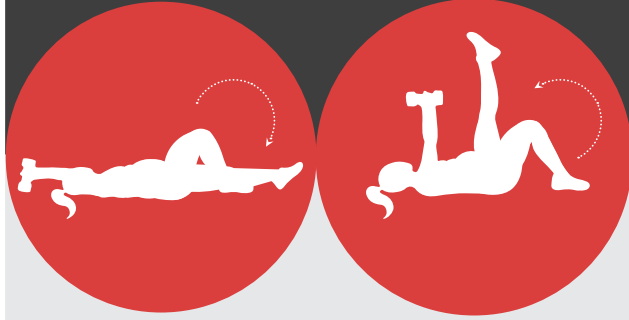
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# SINGLE LEG LIFT



- 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.

## 單抬腿

1. 躺在地板上，彎腿，腳放在地板上
2. 一條腿抬起，膝蓋向胸部彎曲，然後回到起始姿勢
3. 另一條腿重複相同動作
4. 每條腿做 5 次，總共 10 次

進階方式 - 抬腿至 90 度，伸腿向屋頂，再回到 90 度然後放回地板

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# 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.

## 站姿單腿靠 牆拉伸

1. 站直與牆平行，抬腿至 90 度靠牆（彎腿）
2. 直腿使勁站直
3. 彎腿使勁頂牆
4. 保持 3 秒，腿部放下休息。
5. 每條腿重複 5 次

備註：您能感受到直腿肌肉在用力穩定骨盆

進階方式 - 視情況增加次數，每條腿做 10 次

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# 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.

## 牆壁俯臥撐

1. 雙腳與肩同寬，與牆壁保持手臂距離。
2. 雙手與肩同寬，掌心放在牆上與肩同高。
3. 吸氣彎曲手肘，胸部向前靠牆，雙腳站穩（腳跟可輕微抬起）。
4. 呼氣手臂緩慢撐起身體至起始姿勢，手臂伸直。重複 10 次。

輔助方式 - 靠牆近一些。

進階方式 - 增加次數至 2 x 10

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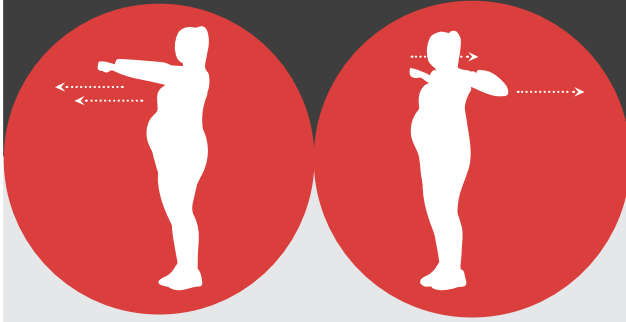
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# SHOULDER SQUEEZE



- 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.

## 擠肩

1. 在椅子上坐直
2. 手臂向前伸直，掌心向下，手指彎曲呈握杆狀。
3. 手臂拉回，手肘彎至背後。擠壓肩胛骨，保持 3 秒後放鬆。重複 10 次。

進階方式 - 增加次數至 2 x 10。要增加難度，可用彈力帶。

備註：對母乳餵養或上背部緊張的人士有格外的好處

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## 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.

## 免責聲明

若您現在或以前有過任何健康問題，請諮詢您的全科醫師或認證醫療專業人士，以確定您是否能進行鍛煉。鍛煉中若感覺到不適，請立即停止並就醫。鍛煉有風險，本人承諾將自擔風險，並保證本人具備安全鍛煉的身體和精神條件，並且本人沒有可能影響鍛煉的醫療或健康問題。本人參與鍛煉，即表示本人同意市議會的使用條款，並同意市議會無須因為任何人員傷亡或財產損失或損害而承擔任何賠償責任。本文介紹的鍛煉項目僅針對普通目的，可能無法滿足參與者的個性化需求。

## 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.

## 鳴謝

市議會感謝這些市屬土地和水道的傳統所有者 Kulin 族人。對於他們過去、現在和未來的長者，我們謹表誠摯敬意。

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