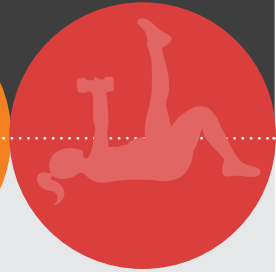
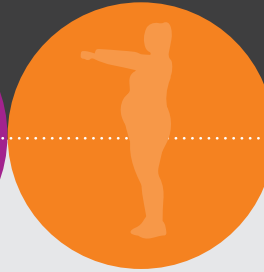
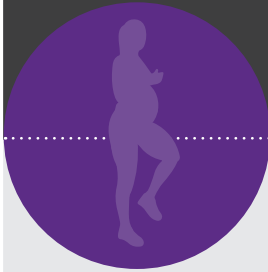


# POSTNATAL EXERCISES



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English, 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.**

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

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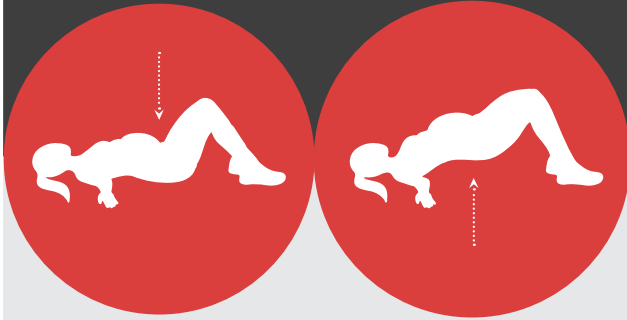
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# PELVIC TILT



**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.

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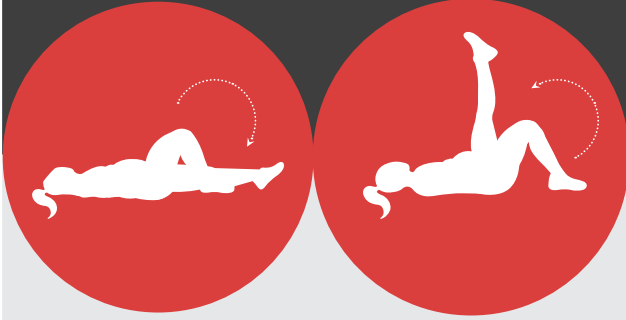
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# SINGLE LEG LIFT



- 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.

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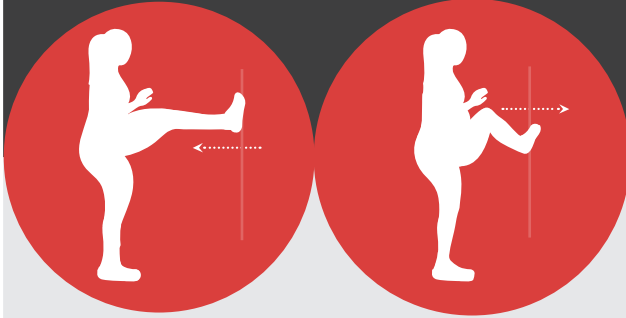
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# STANDING SINGLE LEG WALL PRESS



- 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.*

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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.*

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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.

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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.

## 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.

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