

## Post Natal exercises (exercises after delivery)

1. Post natal exercises are for regaining the muscular tone of abdominal wall muscles as well as muscles of perineum.
2. After normal delivery they can be started after delivery when you feel alright. In case of caesarean section the exercises are started after 6 wks of operation after treating doctor says it can be done. Exercise does not affect breast feeding.
3. You have to start exercises gradually, various exercises could be pelvic tilts, static abdominal exercises, head & shoulder rise etc.
4. Physiotherapists of the hospital will explain to you some of these post-partum exercises.

