

C-Section REHAB

MOBILITY AND DAILY ACTIVITIES

Getting Out of Bed:



- Bend knees and place feet flat on bed.
- Exhale as you lift hips and shift them to the side.
- Log roll (shoulders and knees at the same time) to your side.
- Push up with your elbow and hand as you swing your feet over the side of the bed.



Getting Into Bed:



- Sitting on the side of the bed, lower your shoulders and lift your feet up onto the bed at the same time.
- Log roll (shoulders and knees at the same time) to your side.
- With knees bent, lift hips and reposition yourself until comfortable.



Getting Out of a Chair:



- Lean to the side as you shift one hip forward. Repeat on the other side until seated at edge of chair.
- Exhale as you brace your hands on your abdomen (or push into arms of chair) and stand up.



Lifting Mechanics:



- Keep baby (or object) as close to your body as possible when lifting and carrying.
- Lift from waist-height when possible (rather than from the floor).
- Hinge at the hip and bend knees to reduce strain on your back.
- Exhale as you lift.



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"Splinting" Your Incision:



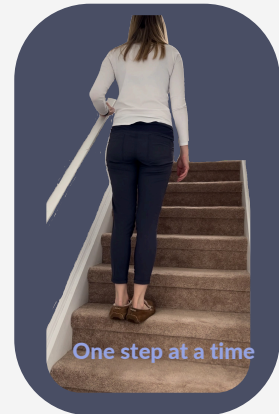
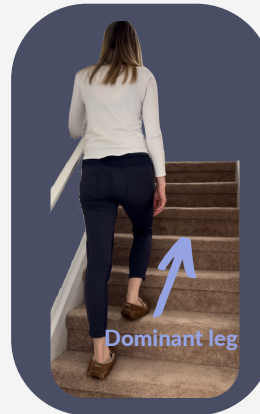
- Place one hand above and one hand below your incision. Gently press inward for support. This can help alleviate discomfort and pressure when coughing, laughing, sneezing, or toileting.
- Alternatively, this can be done with a pillow.



Stairs - Going Up:



- Using a handrail for support, start by placing your dominant leg on the step.
- Push off with your dominant leg and bring your non-dominant foot to the same step.
- Repeat this process until you reach the top.
- Alternatively, you can use this same technique, but go up sideways.



Stairs - Going Down:



- Start by lowering the foot of the non-dominant leg onto the step.
- Then bring the foot from the dominant leg to meet it on the same stair.
- Continue one step at a time until you reach the bottom.
- Alternatively, you can use this same technique, but go down sideways.



Toileting:

- Use a stool under your feet when having a bowel movement. This position will help decrease pressure on your pelvic floor and abdominal wall during bowel movements.
- Exhale as you bear-down (push) to alleviate pressure. Do your best to avoid holding your breath.



Stool or Squatty Potty