

Whole Body

THE POSTPARTUM PROJECT

Things to avoid if you have DRA or POP

- The main goal is to limit the build up of pressure in your abdomen, so it does not cause bulging through your pelvic floor (POP) or your abdomen (DRA). To do this, here are some helpful tips:
 - Do not hold your breath when having a bowel movement
 - Instead, as you push to have a bowel movement, breath out as if you are blowing through a straw.
 - Do not hold your breath when you lift or push something heavy.
 - Instead, blow out as if you are blowing through a straw as you lift or push.
 - Do not sit straight up from a lying down position.
 - Instead, roll to your side and sit up from a side lying position.
 - Do not hold tension in your pelvic floor or abdomen for no reason.
 - To ensure this, set a timer on your phone or watch and every hour or so, do a “check- in”. Take a few deep breaths and try to feel if your muscles are contracting for no reason or not. If you are not sure, Taking 5-6 deep breaths which should help the muscles to relax.

**This information is intended to be educational and is not a substitute for an exam by a physical therapist. If you would like a prescribed program based on your individual needs, we can be reached at:

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