



MAMA SAID MOVE PRESENTS

THE GUIDE TO BREATHING POSPARTUM

Learning to breathe after having a baby

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CHANGES THAT HAPPEN DURING PREGNANCY

Pregnancy takes a toll on your body. The postpartum period is filled with ups and downs and sometimes it can be overwhelming and frustrating. During pregnancy you may have experienced;

- Organ got squished and moved
- Diagram stopped working properly
- The pelvic floor had to handle tons of pressure
- Ribs moved to make more room
- Abs had to stretch out
- Back muscles tightness to counter the weight of the baby
- Posture changes increased
- Hormones changed

Things to avoid during this postpartum period:

Hard plyometric exercises: burpees, running stairs, jumping, and running

Front Ab exercises: sit-ups, push-ups, exercises that make your abs bulge. We will dive deeper into why in the next section.

Breathing is important during pregnancy but is key to recovery postpartum. It can help organs move back into place, get the diagram working correctly, lengthens and contracts the pelvic floor, help the ribs and abs move back into place, this is just to name a few. It also help activated the parasympathetic nervous system which allows the body to relax.

BREATHING 101

After pregnancy, breathing is more important than ever. If throughout pregnancy a continuous effort to keep the inhale down and stay connected to the pelvic floor with a good exhale wasn't made, you are probably in a paradoxical breathing pattern (breathing upwards).

The majority of women I have worked with are in an upwards breathing pattern. When relearning breathing the goal is not belly breathing but working on getting the bottom six ribs to move to the side, back, and out.

Upwards breathing causes the use of secondary muscles that often will lead to pain and tightness. By breathing upwards we can not properly engage the core or manage pressure. This will be essential to have a successful postpartum exercise journey.

Time to get to work, remember this is going to take time and practice. Be sure to work on breathing any chance you get. Whether that is breathing while lying in bed at night or working on the computer the goal is to practice, practice, practice!!!

[Breathing 101 Video](#)

THE PELVIC FLOOR CONNECTION

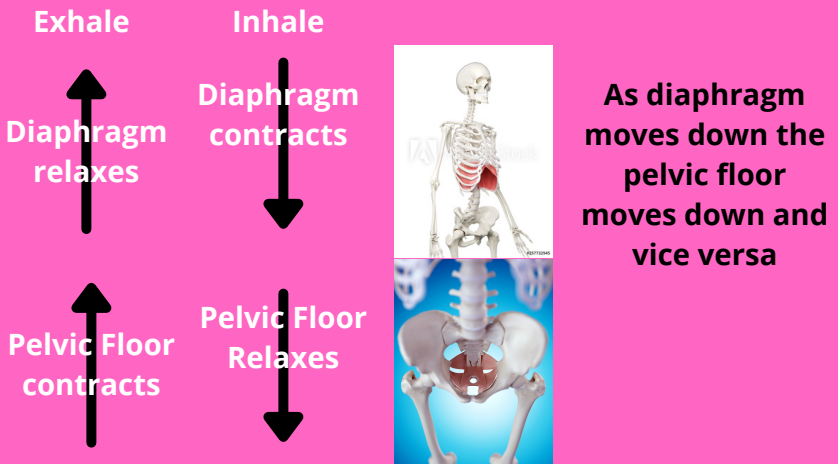
Breathing and the Pelvic Floor

When thinking about the relationship between the diaphragm (breathing muscle) and pelvic floor, you can think about it as a canister or piston.

As you breathe in the diaphragm contracts downward, this increases the intra-abdominal pressure pushing on the pelvic floor causing it to lengthen.

As you breathe out the diaphragm moves upward to its original position and the pelvic floor also moves upward to its resting position.

How intra-abdominal pressure impacts your pelvic floor is dependent on a lot of factors. Diastasis recti and posture are two factors that influence the movement of pressure within the canister. When not managed correctly intra-abdominal pressure can cause pelvic floor dysfunction.



BREATHING EXERCISES

TOP THREE EXERCISES TO GET 360 RIB EXPANSION

EXERCISE VIDEOS



Equipment: None

360 Movement

2 ROUNDS

Side-Lying Breathing 3-5 Breaths
Child Pose Breathing 3-5 Breaths
Lying on Back Breathing 3-5 Breaths

For questions email mamasaidmove@gmail.com
Video instructions available at mamasaidmove.com
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BREATHING PROGRESSION

Equipment: Balloon and
Resistance Band

EXERCISE VIDEOS

Level One

Lying on Back Breathing

Level Two

Seated Breathing

Level Three

90/90 Breathing

BREATHING PROGRESSION

Equipment: Balloon and
Resistance Band

Level Four

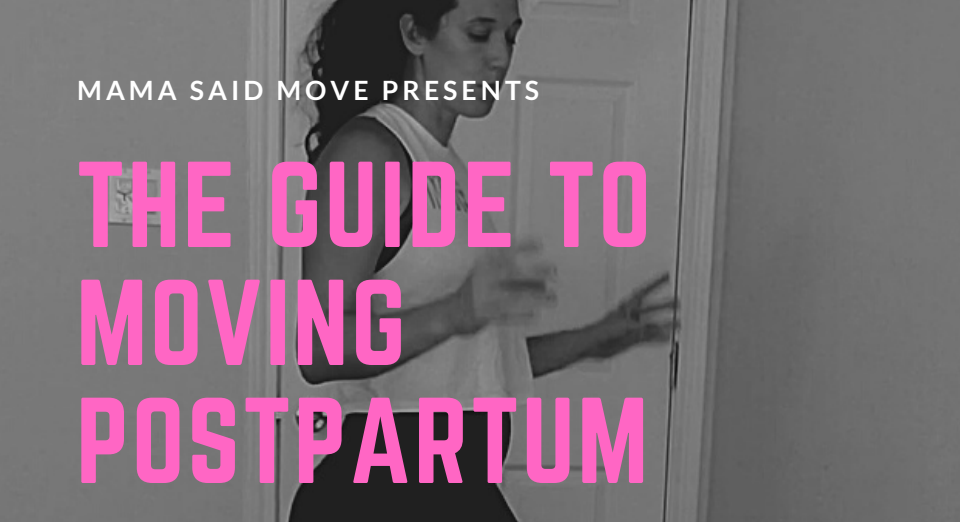
Hands and Knees Breathing

Level Five

Hands and Knees Resistance Breathing

Level Six

90/90 with Balloon Breathing



MAMA SAID MOVE PRESENTS

THE GUIDE TO MOVING POSTPARTUM



SNEAK PEEK

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PHASE ONE

GET THOSE RIBS MOVING

We have talked about breathing a lot, I know, but that is because I don't think I will ever be able to convey just how important it is to your postpartum journey. Enough of the talking and more of the doing. To get a good breath down and really start to stretch the pelvic floor we have to get the diaphragm moving in the right direction. We call this 360 breathing. That means getting the ribs to move in all directions. That is the goal of this phase. We will focus on mobilizing those ribs and lengthening the pelvic floor.

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PHASE ONE



Equipment: None

Warm-Up

2 ROUNDS

Side-Lying Breathing 3-5 Breaths
Child Pose Breathing 3-5 Breaths

Super Set 1

2 ROUNDS

Open Book with 3 Second Hold 5 each side
Hip Flexor 30 sec each side
Cat to Table 5 reps

PHASE TWO

CONNECTING TO THE PELVIC FLOOR

You have successfully got that breath to move down!! That is amazing, it was one of the hardest parts of my journey. Now that we have lengthened the pelvic floor it is time to contract. The key to a strong muscle is two parts; lengthen and contract. For example, if I was doing a bicep curl, I would straighten my arm the bend. Imagine if you didn't do both those parts, how effective would that exercise be? What if I just kept my elbow bent the whole time? Or never actually did the curl portion of the exercise?

The goal of this phase is to connect with those pelvic floor muscles. When we don't use muscles we lose that pathway, or the ability to contract that muscle, throughout pregnancy that pathway is challenged. So it is time to reconnect and build up the neuromuscular pathway.

The focus in this phase will be the exhale, that is how we are going to connect to both the pelvic floor and those deep core muscles. Visualize pull up a string as you exhale, let's get connected.

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RESOURCES

PROMISE, I COULDN'T MAKE THIS STUFF UP IF I WANTED TO...

Courtney, Rosalba. "The functions of breathing and its dysfunctions and their relationship to breathing therapy." International Journal of Osteopathic Medicine 12.3 (2009): 78-85.

Oleksy, Łukasz, et al. "The influence of pelvis reposition exercises on pelvic floor muscles asymmetry: a randomized prospective study." Medicine 98.2 (2019).

Ribeiro, Aline Moreira, et al. "Physical therapy in the management of pelvic floor muscles hypertonia in a woman with hereditary spastic paraplegia." Case Reports in Obstetrics and Gynecology 2014 (2014).

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Any recommendation for changes in diet including the use of food supplements, weight reduction and/or body building enhancement products are my responsibility and I agree that I have been informed to consult a physician prior to undergoing any dietary or food supplement changes. I agree that I am voluntarily participating in these activities and assume all risks of injury, illness, or death.

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