

# Your bodies guide to your early postnatal recovery: The first 2 weeks

**Congrats, you had a baby!**

**You created, grew and birthed a little miracle, you are incredible!**

**Here is your guide to your physical recovery, written by a Women's Health Physiotherapist**

## Rest is key

Regardless of how you birthed your baby your body needs time to physically recover. In the first couple of weeks, aim to spend the majority of the day 'resting', meaning off your feet.

Let your village help with everyday tasks and grab rest when you can, those glorious newborn snuggles absolutely count as rest.

## Focus on your breathing

Your abdominal wall has stretched and changed to allow your baby to grow. It will recover, but it will take time.

In the early weeks we want to start rebuilding the brain to body connection.

Start with some gentle belly breathing:

Get in a comfy position

Take a nice big relaxed inhale, feeling your belly rise as you draw the air in

Then, on the exhale, imagine you are doing up a zipper from your pubic bone to your belly button and gently draw in through your tummy muscles. This should be a very small movement, think about a 20% effort.

Relax again as you breathe in.

Spend a few minutes here each day

## Start gentle movement

You can start walking as soon as you feel ready. There are no set milestones to achieve here, start slow and build up.

A gentle reminder; if you are experiencing an increase in bleeding, fatigue, pain or heaviness after your walks, you are doing too much a bit too soon, take it back a step, focus on rest and then build up again.

## Find your pelvic floor

Similar to our abdominal muscle recovery, the early weeks post birth are not about building strength but rather rebuilding the brain to body connection. When you feel ready, start with some gentle on/off engagement through your pelvic floor. It may take some time to feel this movement and it may feel different, that's totally ok for now. As you start to feel stronger through your pelvic floor, work towards 3 sets of 10x on/off squeezes, 2x/day.

## Consider some compression

Compression shorts, simple tubi grip and belly bands can help you feel more supported through your midsection. These are an optional extra though if you have had a caesarian, if you have lower back pain, feel weak through your middle or are noticing doming through your midline, we recommend you get yourself some compression shorts.

## Listen to your body

Nobody knows your body better than you.

It may feel and look different right now but it is still yours and it has been through a lot!

Listening to your body is the best thing you can do right now.

Symptoms such as pain, heaviness, weakness, incontinence or just feeling off are all cues from your body that something is not quite right. Trust your body and seek an expert opinion for your next steps.

Growing and birthing a baby is a big deal,  
You should be so proud of yourself!



Willa Womens Health  
Postnatal Physiotherapy- 100% online

Any questions or want more info?  
Get in touch.

 [www.willawomenshealth.com.au](http://www.willawomenshealth.com.au)

 [katie@willawomenshealth.com.au](mailto:katie@willawomenshealth.com.au)

 [@willawomenshealth](https://www.instagram.com/willawomenshealth)