

Postpartum Pelvic Floor Information

Whether you delivered your baby vaginally or had a c-section, being pregnant alone can change the function of your pelvic floor and core muscles. During pregnancy your abdominal muscles are stretched and your pelvic floor carries extra weight. During labour and vaginal birth your pelvic floor stretches to allow the baby's head to pass through the vagina. During a c-section your abdominal muscles are separated to access the uterus to deliver your baby.

Having a weak abdomen or pelvic floor may cause:

- Leaking from your bladder
- Painful intercourse
- Pelvic, abdominal, hip, or back pain. It can also lead to pain/injury in your knees or elsewhere.

The good news is with specific therapy or strengthening these symptoms can resolve. Here are some resources to help:

1. Your body after baby video produced by the AHS pelvic floor clinic:



https://youtu.be/0Xa5b7ewyLk?si=k6kdR8Q_iaZIPN1N

2. AHS webinars by the pelvic floor clinic - recovery after baby 2x1 hour online Zoom classes:



<https://www.albertahealthservices.ca/findhealth/service.aspx?Id=1008362>

3. Look in your Healthy Parents book pages 49-50, or on the website:

- 4.

<https://www.healthyparentshealthychildren.ca/im-pregnant/overview-of-pregnancy/physical-activity/#pelvic-floor>



5. See a Pelvic floor physiotherapist - for clinics look for the link or our website or ask your physician for a list.