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Bounce Back Into Shape After Baby: The Ultimate Guide To A Fun-Filled, Time And Energy Efficient Workout-With Your Baby



Synopsis

New mothers and health care practitioners alike will benefit from these postpartum exercise ideas. Photos depicting full-body stretching and strengthening workouts are complemented by helpful advice on tightening abdominal muscles; squeezing in workout time; spicing up routine exercises using an exercise ball; exercising with baby; and improving posture. Female "taboo" topics are boldly addressed, including urinary incontinence and cesarean and episiotomy scar tissue. Included are 18 unique workouts, 40 strengthening exercises, and 17 stretching exercises, many of which can be performed within 24 hours after giving birth. A flow chart helps users keep track of progress, and a glossary assists with medical terminology.

Book Information

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Customer Reviews

This is a gentle, flexible exercise routine that begins with exercise routines suitable 24 hours after birth that start off with 5 minutes of floor exercises (with no balance ball or other equipment at this point) and 5 minutes of walking. The goal for the first level of exercises is not to lose weight but to enhance the mothers' physical condition and to enhance recovery after childbirth. There are special exercises to help heal c-section incision area and simple things to do to help prevent c-section scar adhesions. Other exercises help episiotomy site healing, separation of diastasis recti (abdominal muscles) due to pregnancy and exercises for recovering from urinary incontinence and fecal incontinence (which has been linked in a study to be caused by episiotomies). Another important focus of the book is the goal of not having back pain. The book teaches prevention of back and shoulder injury by teaching proper positions for holding baby, breastfeeding, and lifting baby up,

such as when lifting out of crib. Using a stroller is discouraged if the woman has carpal tunnel syndrome due to pregnancy as pushing the stroller can further aggravate the pain and the condition. Use of a front pack baby carrier is recommended as a back-healthy way to carry baby and proper usage of it (so it is comfortable and doesn't cause back pain) is outlined by the author. I have witnessed many people wearing their baby carriers in a way that causes back pain, I encourage everyone to read the manufacturers directions and this authors' directions so using this style baby carrier doesn't cause you pain!

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