

Early Postpartum Recovery

Congratulations, mama! You did it! Soak in all those newborn snuggles and don't forget to message your physical therapist to **schedule your first postpartum visit at 2 weeks.**

In the meantime, one exercise that is safe to resume whether you had a vaginal or cesarean birth is diaphragmatic breathing. Something as simple as intentional **diaphragmatic breathing** a few minutes a day can start to regulate your deep core system and make progressive core strengthening that much easier when the time comes.



To perform this exercise, begin sitting in a chair with tall posture. Place your hands on your lower rib cage. Breathe in through your nose, feeling your ribcage expand 360 degrees (like an umbrella) beneath your hands. Breathe out through your mouth and feel the rib cage fall back down.