Common Post Natal Problems (and Solutions)

After baby is born can be an exciting, but exhausting time. In addition to the lack of sleep, many women experience specific problems brought on by their pregnancy.

Problem: Aching Upper Back
After baby is born, most women spent many hours each day carrying their child either in their arms or in some type of sling. This tends to cause women to lean slightly forward as they hold the extra weight of their baby in front of them. Also, during breastfeeding (or bottle feeding) women tend to round their backs to get their baby into a good position. The result is weakened muscles in the upper back, and a forward head position that may cause additional back and neck strain.
Solution: Practicing Chest Expander or Cow’s Face. These postures reverse the tendency to hunch the back and shoulders, and strengthen the muscles of the upper back.

Problem: Weak Pelvic Floor
After going through labor and delivery, many women find they experience some urine leakage due to a weakened pelvic floor. Besides the embarrassment of urine leakage, a serious weakness could result in organ prolapse (shifting outside its normal anatomical position).
Solution: Practicing kegel exercises or root lock while in child’s pose or sitting cross-legged. Lift and squeeze the pelvic floor, holding for a count of five. Do this 10 times.

Problem: Feeling winded or sluggish
Many women feel a loss of endurance after the birth of their baby. This is often due to reduced cardio exercise during pregnancy, as well as the fatigue from caring for a newborn (lots of sleepless nights).
Solution: Sun salutations are a good, non-jarring way, to build endurance while not placing much stress on the joints. Connecting breath and movement reminds women to breath more deeply, which will also improve their circulation and energy levels. Finally, back bending postures help to wake up the energy in the spine and improve circulation.

Problem: Weak Abdominal Muscles
After 9 months of pregnancy, most women find that their abdominal muscles have stretched and become weaker. It’s important to get a doctor’s approval before working the abdominal muscles too much, and to first work on strengthening the pelvic floor, so it can support the pressure from abdominal exercises.
Solution: You want to start slow. Lie on your back. As you exhale, tuck your belly button towards your spine. As you inhale, expand your chest, drawing your shoulder blades together. Do this 8 times and rest. Then do 2 more sets of 8.
Problem: Constipation
Many women suffer from constipation for the first few weeks after giving birth. This is an even more common occurrence for those who have an epidural during childbirth.

Solution: Along with including high fiber whole grains as part of a balanced diet, it can be helpful for women to practice some gentle supine (back lying) twists. Back lying twists can be effective in stimulating the digestive system, and getting it back on track.