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Postpartum Mother Care - Physical and Psychological Status

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Cardiorespiratory Sciences, Datta Meghe College of physiotherapy, Wanadongari, Nagpur**ABSTRACT :**

Background : The main goal of this article is to provide information about the importance of postpartum mother care and how to improve physical and psychological status during postpartum care. Physical fitness is an important component of a healthy lifestyle, and psychological well-being is also important in postpartum mother care. Physical activity reduces the risk of postpartum depression in women. Postpartum exercise has been shown to reduce the risk of further complications. Physical activity promotion and psychological counseling should be combined to provide the best postpartum mother care. Physical activity promotes better health outcomes throughout the lifespan and has physical and mental health benefits for postpartum care.

This article discusses the postpartum period and how to improve one's physical and psychological well-being during this time

Keywords : Postpartum period, mother care, physical activity, and psychological well-being

INTRODUCTION :

Pregnancy, birth, and postpartum are all significant events in women's reproductive lives. The postpartum period is the time after conception when the mother's physiological and anatomical changes return to pre-pregnancy levels. The postpartum period is divided into three arbitrary phases: Acute Phase (the first 24 hours after placenta delivery), Early Phase (up to 7 days), and Late Phase (up to 14 days) (up to 6 weeks and 6 months). Postpartum is a transitional period for the mother and her family, during which the mother requires psycho-physical and social adaptation. Physical activity is important in promoting good health during the postpartum period. Physical activity during the postpartum period is a safe strategy for improving psychological and physical well-being and reducing postpartum depression symptoms. Women who have had a normal delivery are usually advised to begin exercising after 6 weeks, and those who have had a C-section, up to 8 weeks. Start slowly, then progress to low-impact activities such as walking. [1-4]

The following are the advantages of the postpartum period: [5]

1. Improve cardiovascular fitness
2. Aided in weight loss

3. Enhanced positive mood

4. Less anxiety and depression, as well as increased energy after exercise .

Warm Up Period Before Exercise :-

1. Walking
2. Deep breathing
3. Kneeling pelvic tilt
4. Kegel exercise
5. Neck exercise

Postpartum exercises include :-

1. Postpartum core exercise :-
2. Postpartum foot and ankle exercises
3. Postpartum stretching and strengthening exercise
4. Pelvic floor exercises
5. Breathing exercises

Cool down period :-

1. Lie down with eyes closed for a few min

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Warm Up Period before Exercise:- [6-9]

1 . walking

gradually increases speed

Advantages - simple, yet highly effective exercises

Postpartum exercises include :- [3-6]

1 - Postpartum core exercise

- Abdominal Bracing

With this exercise, we are certainly starting simple, with the sole goal of retraining the body's ability to brace the trunk in its entirety.

Begin by lying flat on your back on the floor. Contract your entire stomach as hard as you can to brace your abdominals (imagine you are about to get punched in the stomach). Hold this brace for 5-10 seconds before relaxing.

- Pelvic Tilts

Begin by lying on your back with your knees bent to 90 degrees and your heels flat on the floor. Brace your abdominals and tilt your pelvis posteriorly by pressing your lower back into the floor. Hold this position with an active abdominal brace for 5-10 seconds, then relax.

- Bird Dog

Our next exercise begins to challenge the trunk muscles more broadly, while also incorporating the action of the hip extensors and abductors (with specific emphasis on gluteus maximus and medius).

Start on all fours, with your hands directly under your shoulders and your knees directly under your hips. Using the methods described above, brace your abdominals firmly while keeping your back and pelvis as still and stable as possible.

Reach one arm out in front of you while driving the opposite leg out directly behind you from this position. Allow your pelvis or trunk to rotate or rock, and avoid allowing your rib cage to sag toward the floor. This movement should be slow and deliberate.

Return to your starting point. Rep on the opposite side to complete one rep. Perform five to ten reps on each side.

RKC PLANK

Begin in a standard plank position, but with your hips elevated slightly higher than usual. Cinch your hands

in front of you as tightly as you can, actively dragging your elbows towards your knees (your elbows will not move, you are just creating tension). Finally, squeeze your glutes as tight as you can.

Hold this for 5-10 seconds before relaxing.

- SIDE PLANK

Begin by lying on your side, with your elbow directly beneath your shoulder. Your head, trunk, hips, knees, and feet should all be parallel. Continue by bracing your core and lifting your hips off the floor.

Hold this position for 10-20 seconds, then switch sides. While your hips are elevated, you should work hard to maintain as much stability as possible.

2 - Postpartum foot and ankle exercises

- For both exercises, keep your knees relaxed.
- For 30 seconds, vigorously bend and stretch your ankles up and down.
- 10 times in each direction, circle both feet.
- Repeat these exercises several times.

Advantages:

- o Increase circulation in your legs
- o Aids in the prevention of blood clots and varicose veins.

3 Postpartum stretching and strengthening exercise**Advantages :-**

- Promote weight loss, especially when combined with calorie restriction.
- Work on your cardiovascular fitness.
- Tone and strengthen abdominal muscles.
- Increase your energy level.

Includes :-

Swiss glute bridge

Head-lifting

Raising the head and shoulders

Leg workouts

Knee and leg rolling

4. Pelvic floor exercises

Advantages :-

- o Strengthen the muscles in the abdomen and lower

back.

- o Improves hip mobility
- o Eliminated low back pain
- o Avoid urinary incontinence

5. Breathing exercises:- [1-4]

- Diaphragmatic breathing
- Lie flat on a yoga mat on the floor.
- Relax your entire body, focusing on releasing tension from your toes to your head.
- Place one hand on your chest and one on your stomach.
- Inhale deeply through your nose....
- Slowly exhale with one hand on the chest and one on the stomach.

Advantages:

- o Postpartum healing and re-strengthening of the inner core
- o Postpartum diaphragmatic breathing aids in the healing process by simultaneously rehabbing your pelvic floor and deep core.

Cool down period [7-10]

While cooling down, take deep breaths to deliver oxygen to your muscles, release tension, and promote relaxation.

1. Lie on your back, arms alongside your body, palms up, and feet slightly wider than your hips, toes splayed out to the sides.
2. Let go of any tightness or tension in your body.
3. As you breathe deeply, allow your body to fall heavily to the floor.
4. Hold this position for 5 minutes or more.

Need :-

To reduce postpartum complications and the rate of postpartum mother death. The study's primary goal is to improve the mother's psychological and physical health. And provides information on the importance of exercise during the postpartum period .

CONCLUSION :-

Postpartum exercises play an important role in improving mother's health and reducing postpartum complications.

Postpartum core exercises are critical for regaining abdominal strength and improving core strength.

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