

## ABSTRACT

The postpartum period, or puerperium, forms part of the normal continuum of the reproductive cycle. The postpartum period begins immediately after childbirth and lasts for approximately six weeks, or until the body has completed its adjustment to a state of nonpregnancy. Intervention **study design aimed** to evaluate practicing abdominal and pelvic exercises on women's postpartum recovery. This aim achieved through, 1/ Assess women's knowledge about postpartum traditional practices for maintaining abdominal and pelvic muscles strength .2/ Teach the women's how to practice appropriate postpartum exercises for abdominal and pelvic muscles. 3/ Evaluate the women's postpartum through practicing learned exercises . The study conducted at the postpartum unit and the family planning outpatient clinic at Benha University Hospital , **The sample:** simple random sample included size of 101 women based on statistic of year 2007 & divided into 52women study (intervention) group & 49 control group . **Data was collected through** a tools of evaluation divided into (a) interviewing questionnaire, included demographic and obstetric data , women's knowledge about the factors that affect the muscles strength and traditional postpartum practices . (b) Instructional pamphlet about postpartum exercises. (c) Observation checklist to evaluating postpartum endurance . **Result** : 96% of women (intervention group) have no idea about postpartum exercises before giving instructional pamphlet , mean while 97% of them showed moderate strong of pelvic muscle tone recovery after giving instructional pamphlet . **conclusion** : The study can be concluded that Lack of the women's knowledge about postpartum exercise & Instructional pamphlet for postpartum exercises lead to positive effect on women's practice of postpartum exercise .**The study recommended** The current study recommend that develop program for awareness the postpartum women's about the important of practicing postpartum exercises & Future study , impact of exercises program on mothers knowledge and practice .