

## **INTRODUCTION**

The postpartum period, or puerperium, is the time of major adjustments and adaptations not just for the mother, but for members of the family. It is during this time that parenting and relationship between the mother and the newborn begins. Loving apposite, relationship between parents and their newborn promotes the emotional well-being of all. This early – formed relationship endures through time and has profound effects on the child's growth and development ( *Williams, and Wilkins,. 2007* ).

The postpartum period has been arbitrarily divided into the immediate postpartum period that consists of the first 24 hours after delivery when acute postanesthetic or postdelivery complications may occur, the early postpartum period that lasts from the second day after birth to the end of the first week and the late postpartum period lasts from the second week after birth to the six week (*Decherney and Nathan, 2003*).

The purpose of postpartum exercise classes is to enhance endurance, as well as strengthen pelvic floor, back, and abdomen. Postnatal exercise classes strengthen muscles affected by the pregnancy. And support the woman recovery to prepregnant state, assess and identify deviation from the norm, and educate the mother about her own self –care and infant care ( *Jayne, 2006* ).

Exercise in the postpartum period, Depending on the mode of delivery, most types of exercise can be continued or resumed in the postpartum period. With the added fatigue of delivery and newborn care, some women may need to reduce the intensity or length of their exercise sessions. The 6 week postpartum evaluation is an opportunity for women and their obstetric care providers to discuss these issues. Initiation of

pelvic floor exercises in the immediate postpartum period may reduce the risk of future urinary incontinence. Woman education should include Kegel exercises . This improves to the area and consequently helps decrease edema ( *Meyer et al. , 2001* ) .

Kegel exercises help to strengthen the pelvic floor muscles if done with enough frequency or regularity. Kegel exercises were originally developed by Dr. Arnold Kegel as a mhtod of controlling incontinence in women after childbirth. The principle behind these exercises is to strengthen the muscle of the pelvic floor, thus improving the urethral sphincter function. The success of Kegel exercises depends on proper technique and adherence to a regular exercise program ( *Gray, 2004* ).

Advantages of exercising, Proper exercise will help flatten the abdomen and tighten the perineum. Promotes healing of uterine, abdominal and pelvic muscles that were involved in pregnancy and childbirth. Exercise can help avoid stress incontinence (leakage of urine), helps avoid a dropping (prolapse) of the pelvic organs, helps return loosened joints to normal, reduces the risk of backache and edema (excess fluid) in the legs and feet, provides an outlet for stress and lessens the likelihood of postpartum blues or depression ( *Simpson,. and Creehan,. (2001)* ).

The goal of nursing care in the immediate postpartum period is to assist women and their partners during their initial transition to parenting. The approach to the care of women after birth is wellness oriented. Consequently, in the United States most women remain hospitalized no more than 1or2 days after vaginal birth, and some for as few as 6 hours. Because there is so much important information to be shared with these women in a very short time, it is vital that their care be thoughtfully planned and provided care which also includes other family

members, is focused on the women's physiologic recovery, her psychologic well-being, and her ability to care for herself and her new baby (*Deitra, and Shannon,2007* ).

The postpartum care is based on promoting physical and psychological wellbeing of the mother, her baby and the family. Identifying deviations from normal physiological and psychological progress. Encouraging methods of infant care and promoting the development of effective parent-infant relationships. Supporting and strengthening the mother and her partner's confidence, thus facilitating their transition to the parenting role within their particular family and cultural environment (*Bennett and Brown, 2001*).

### **Justification of the problem:**

Some women experience trouble bringing their abdominal back to its original tone and size after childbirth. The change in most women's bodies is due to the laxity of the abdominal muscle wall.

Women who have given birth to large babies ,or had several children, may have actual tearing of the abdominal wall . An abdominal hernia. Abdominal hernias can become dangerous if any part of a persons intestines become trapped in the tears of the abdominal muscle.

The evidence showed that a combination of deep breathing exercises, pelvic tilts, and small sit ups head lifts can be a big help. These should be done regularly and started as soon after childbirth as is comfortable.