Mindluster Platform

About the course Postpartum Pelvic floor exercises at home

Postpartum Pelvic floor exercises course, in this course weâ€™ll explore effective exercises designed to strengthen and restore the pelvic floor muscles after childbirth. Youâ€™ll learn how to perform Kegel exercises, along with other gentle movements that promote muscle control, improve bladder function, and relieve pelvic discomfort. These exercises also support core recovery and help prevent issues like incontinence or pelvic organ prolapse. The course offers step-by-step guidance, starting with basic exercises and progressing to more advanced movements as your strength improves. Weâ€™ll cover breathing techniques and posture tips to enhance pelvic floor engagement during daily activities. Whether you had a vaginal or C-section delivery, this program provides modifications to suit your recovery. By the end of the course, youâ€™ll feel more in control, confident, and better equipped to manage the physical demands of postpartum life.

Medical Category's Courses

Course Lesson(9)

Lesson 1 : **NEW Postpartum Workout Challenge Starting Tomorrow April 15th**

Lesson 2 : **FULL BODY Postpartum Workout DAY 1 POSTPARTUM WORKOUT CHALLENGE**

Lesson 3 : **Full Body Warm Up In JUST 5 MINUTES Pregnancy Postpartum Safe**

Lesson 4 : **12 Minute Postnatal Pilates Full Body Sculpt After Pregnancy**

Lesson 5 : **Postpartum HIIT Workout 10 MINUTES Legs Glutes**

Lesson 6 : **Postnatal Workout 10 Min Arms Workout For Toned Arms**

Lesson 7 : **Postpartum Cardio Workout 10 Minutes ONLY**

Lesson 8 : **Postpartum Core Pelvic Floor Exercises 10 Minute Postpartum AB Workout**

Lesson 9 : **10 Min Postnatal Yoga Release Tension and Feel Refreshed**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology