Mindluster Platform

About the course Postpartum Vaginal health exercises at home

Postpartum Vaginal health exercises course, in this course we will learn about the Postpartum Vaginal Health Exercises program, focusing on restoring strength and function to the pelvic floor muscles. These exercises help improve bladder control, reduce discomfort, and enhance sexual health after childbirth. Youâ€™ll explore safe, effective routines, such as Kegel exercises, diaphragmatic breathing, and pelvic tilts, tailored to support recovery from vaginal delivery or C-section. The course covers proper techniques, gradual progression, and tips for integrating exercises into your daily routine. Whether you're experiencing pelvic floor issues or aiming to prevent them, this course offers essential tools for restoring confidence and maintaining long-term vaginal health.

Medical Category's Courses

Course Lesson(8)

Lesson 1 : **MENSTRUAL CUP How To Use Without Leaking I Wish I Had Known This**

Lesson 2 : **Changes In Your Vagina After Birth WHAT YOU CAN DO**

Lesson 3 :
6 Mistakes Causing Diastasis Recti During Pregnancy HOW TO PREVENT DIASTASIS RECTI

Lesson 4 : **Do This To Your C Section Scar EVERY DAY To Flatten Prevent C Section Scar Shelf**

Lesson 5 : **Flatten Upper Abdominal Bulging Upper Diastasis Recti Bulge**

Lesson 6 :
10 Min Daily Exercises To Flatten An Upper Diastasis Rect Bulge Diastasis Recti Exercises

Lesson 7 : **1 TOOL To Heal Your Diastasis Recti FAST Not Expensive**

Lesson 8 : **Heal Your Core FASTER After Pregnancy With This HACK**

Related courses

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General Embryology

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