

BAKS BASICS

B BELLY BREATHING

Purpose: Increase oxygen supply to mother and baby and to use abdominal muscles correctly. End all exercises and stretches with a belly breath.

- 1) Take air in through nose and expand belly.
- 2) Exhale through mouth and bring belly back to spine.



B BELLY DANCING (Pelvic Tilts)

Purpose: Shorten recti from bottom of muscle and lengthen lower back muscles.

Start with flat back, knees bent and hip distance apart. Bring pubic bone toward belly button by shortening recti muscle from the bottom. Return to flat back. Do 10 in each position.

POSITIONS:

1) STANDING



2) HANDS ABOVE KNEES



3) ON ALL FOURS



4) ON BACK:

(Foundation of Head Lift)
Starting position: On back with knees hip distance apart, heels close to buttocks, with one hand on belly and other hand on side at small of back.

- 1) Expand belly.
- 2) Bring JUST the transverse to spine & HOLD it there.
- 3) Visualize the belly button zipping under the ribs as you count out loud

A ABDOMINALS

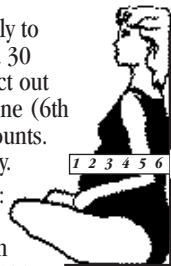
TRANSVERSE: Each time transverse goes back toward the spine, it shortens the recti from the middle and makes the diastasis smaller.

TUPLER TECHNIQUE:

Purpose: Strengthen transverse muscle for pushing and shorten recti from middle of muscle.

Starting position: Hands resting on upper and lower abdominals, back supported with shoulders lined up with hips. Nothing moves except the belly button which is the focal point.

- 1) ELEVATOR: Belly to 5th Floor, hold 30 counts, contract out the back of spine (6th Floor) for 5 counts. Do 10 each day.
- 2) CONTRACTING: Belly goes from 3rd to 5th Floor, 1 set = 100. Do 5 sets each day. Progress to 4th to 5th floor, then 5th to 6th as in elevator. Count as you squeeze and hold the backward movement.



PRACTICE FOR PUSHING:

Practice while having a bowel movement: Make sure feet are elevated. Expand belly, bring transverse to spine and hold it at 5th floor while pushing during your bowel movement. Pelvic floor is open and relaxed. Pushing is **back not down. Bear back, not down.**

HEAD LIFTS

Purpose: Shorten recti: From top of muscle when lifting head; from bottom of muscle when doing pelvic tilt and from middle when bringing transverse from 5th to 6th floor. Transverse muscle is effected by gravity, starting position of muscle, and how high and the way you lift your head.

RECTI: (with diastasis): Supported head lifts with splint ONLY after transverse muscle strengthened (doing 5 sets of 100 daily from 3rd to 5th floor) and mastery of pelvic tilt on back.

OBLIQUES: Squatting and side lying exercises. No crossover exercises.

K KEGELS

Purpose: Strengthen pelvic floor muscle so it stretches better in labor, prevents prolapses and urinary incontinence.

- Do this exercise with legs apart and abdominal muscles relaxed. Work muscle from front. Gravity affects this muscle.

Kegel Exercise:

- 10 second hold followed by 10 squeeze-releases is one repetition. End with relaxation (open like a flower) and then squeeze muscle in so it ends in a short position.
- Do 20 of these repetitions 5 times a day.
- Pelvic Basement: The result of not doing kegel and transverse exercises.



G GETTING UP & DOWN

Do all position changing with transverse at 5th floor:

LYING TO SITTING: Without lifting head, roll on side. Use your arms to bring yourself to sitting position.

SITTING TO LYING: Use both arms from a side lying position to bring your upper body to the floor. When head touches floor, roll to back.

SITTING TO STANDING: Get in the on all fours position and keeping the knee lined up with ankle, get into the *hands above knees position* coming up with a flat back.

A AEROBICS

- 1) Be able to carry on a conversation while doing (perceived exertion).
- 2) Drink water before, during and after exercise.
- 3) Don't get overheated.
- 4) Do "safe exercises" that won't put you at risk for falling.
- 5) Listen to your body. If something doesn't feel right, don't do it!

S SQUATTING

Purpose:

STRENGTHEN: Obliques, pelvic floor muscles and knees.

STRETCH: Pelvic floor muscles and lower back. Hold on to an immovable object (bed, railing) and get into a squatting position. Make sure arms are straight at shoulder height, feet are pointing straight ahead with heels on floor and weight on outside of feet, knees lined up with ankles. Hold position 1 to 5 mins. a day. Get out of squat by sitting down.



S STRETCHING

Before stretching relax and breathe through the stretch and breathe seeing the muscle lengthen.

CHEST: (pectorals) Stretch with towel behind head.

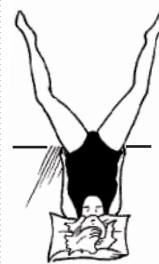
LOWER BACK: Pelvic tilts and squatting.

HIP FLEXORS & QUADRICEPS: Standing and runner's stretch.

INNER & OUTER THIGHS: Lying on back, with buttocks against wall, stretch with legs in a "V" position.

BACK OF LEG:

(hamstring) Stretch with one leg straight and one leg bent.



S STRENGTHENING

All exercises done with transverse "IN" (at 5th floor) on work part of exercise to protect a weakened recti. If you can't hold transverse at 5th floor while doing any activity or exercise, it is an indication not to proceed with the activity. Exercise in a seated position to prevent pooling in legs and strain on lower back.

UPPER BACK & SHOULDERS: Must strengthen to correct postural changes.

INNER & OUTER THIGHS: Must strengthen to hold positions of labor and prevent waddling.

BUTTOCKS/FRONT & BACK OF LEGS: Must strengthen to stabilize pelvis.

TUPLER TECHNIQUE FOR DIASTASIS

FIRST SIX WEEKS:

Week one:

1. Seated Transverse: 5 sets of 100 every day from 3rd to 5th floor
Elevator: 10 sets every day
2. Engage transverse: sneezing, coughing, blowing nose, bowel movement, picking up baby, exercising, getting up and down
3. Splinting: Wearing a splint under clothing and over fitted garment all the time.
4. Getting up and down correctly from a backlying position

Week two:

1. Seated Transverse: 5 sets of 100 every day from 4th to 5th floor
Elevator: 10 sets every day
2. Engage transverse: sneezing, coughing, blowing nose, bowel movement, picking up baby, exercising, getting up and down
3. Splinting: Wearing a splint under clothing and over fitted garment all the time.
4. Getting up and down correctly from a backlying position

Week three:

1. Seated Transverse: 5 sets of 100 every day from 5th to 6th floor
2. Engage transverse: sneezing, coughing, blowing nose, bowel movement, picking up baby, exercising, getting up and down
3. Splinting: Wearing a splint under clothing and over fitted garment all the time.
4. Getting up and down correctly from a backlying position

Week four:

1. Seated Transverse: 10 sets of 100 every day from 5th to 6th floor
2. Engage transverse: sneezing, coughing, blowing nose, bowel movement, picking up baby, exercising, getting up and down
3. Splinting: Double Splinting: wearing & holding another splint (scarf) while doing seated and backlying exercises
4. Getting up and down correctly from a backlying position

Week five:

1. Seated Transverse: 10 sets of 100 every day from 5th to 6th floor
2. Engage transverse: sneezing, coughing, blowing nose, bowel movement, picking up baby, exercising, getting up and down
3. Splinting: Double Splinting: wearing & holding another splint (scarf) while doing seated and backlying exercises
4. Getting up and down correctly from a backlying position

Week six:

1. Seated Transverse: 10 sets of 100 every day from 5th to 6th floor
2. Engage transverse: sneezing, coughing, blowing nose, bowel movement, picking up baby, exercising, getting up and down
3. Splinting: Double Splinting: wearing & holding another splint (scarf) while doing seated and backlying exercises.
4. Getting up and down correctly from a backlying position

Week seven and beyond:

1. Seated Transverse: 10 to 20 sets of 100 every day from 5th to 6th floor
2. Engage transverse: sneezing, coughing, blowing nose, bowel movement, picking up baby, exercising, getting up and down
3. Splinting: Double Splinting: wearing & holding another splint (scarf) while doing seated and backlying exercises.
4. Getting up and down correctly from a backlying position