

UpSpring.

ESSENTIAL

Core Healing

**POSTPARTUM
EXERCISE GUIDE**



**Reconnect to
your core post-
birth with our
FREE PDF!**

Start healing your core as early as 1 day postpartum.

Unlock some of our favorite core rehabilitation instructions to help re-strengthen and reconnect with your deep core after birth.

RECONNECT & HEAL



Hi. I'm **Brooke Cates**, creator of **The Bloom Method™**, a personal trainer and pre/postnatal corrective exercise therapist. After discovering how disconnected some women are from their bodies, I created The Bloom Method as a way to empower women through movement before, during & after their pregnancies.

The Bloom Method was created as a way for women to reconnect with their bodies after giving birth through diaphragmatic breathing and correct core engagement.

UpSpring



The Bloom Method has partnered with **UpSpring** who produces the **Shrinkx Belly Postpartum Belly Wrap** that we suggest to all the Bloom Method moms use during these exercises.

Using proper core strength helps the body regulate intra-abdominal pressure and create healing, whereas, incorrect pressure in the abdomen can increase the chance of Diastasis Recti, PF incontinence, & Prolapse. Learn to access your deep core during the post-birth phase with these exercises.

*“When suggesting a postpartum belly wrap, I refer ALL my post birth clients to the **UpSpring Shrinkx Belly wrap**, as I think it does a great job when paired with rehabilitative core exercises. I’ve tested most of what is out there & find that the UpSpring wrap is far superior.”*

—Brooke Cates
Owner & Creator of
The Bloom Method

PLEASE NOTE: If you’ve had a C-Section, please wait until the incision begins to heal before doing any of these exercises & always consult your OB/GYN if you have hesitations or questions.

LET'S GET STARTED

KEY TERMS

Transverse Abdominals (TA)

Pelvic Floor (PF)

The Bloom Method (TBM)

Diastasis Recti

Intra-Abdominal Pressure

Deep Core



Learn the proper ways to distribute pressure in the abdomen by engaging the transverse abdominal (TA) muscles.

PELVIC FLOOR EXPLAINED

Imagine your pelvic floor (PF) as a clock with your tailbone being 6 o'clock, your pubic bone 12 o'clock & the left & right sides 9 & 3 o'clock.

Gently draw 12 o'clock towards your vagina, then 6 o'clock to the same area & then repeat for 9 & 3 o'clock. Now that you have gathered together the circumference of your PF, see if you can gently lift your vagina up, activating your deep PF muscles. Equally important, see if you can relax the circumference of the PF and let your pelvic muscles open/relax.

When done properly, you will also feel your lower belly lift just above your pubic bone when you contract the PF muscles—THAT is your **transverse abdominis** (TA) contracting in synergy with your PF muscles. They should work together.

PLEASE NOTE: The success of these exercises is based on your deep core engagement. The goal is to create all movement from the deep core while maintaining this engagement throughout the entire exercise.

When shifting to more challenging core exercises, TBM teaches women to enter into the exercise with an initial exhale & deep core engagement while taking little sips of inhales in their chest to maintain this engagement throughout.

TA ACTIVATION EXERCISES

- 1** Lying on your back (supine), slowly exhale, making an ‘SSSSS’ sound.
 - 2** As the first ‘SSSSS’ sound comes off your lips, think about lifting through your pelvic floor muscles & slowly begin tightening a corset around your waist with your deep core.
 - 3** Your goal is to feel a tightening in both the pelvic floor musculature & your deep core as you exhale.
 - 4** At the end of your exhale, follow with a gentle inhale. Try to breath via the diaphragm, allowing the ribcage to widen vs. a chest breath.
 - 5** Repeat this exercise, completing a total of 45 seconds with your “rest” being each gentle diaphragmatic inhale.
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BELLY BREATHS + DEEP CORE ENGAGEMENT

- 1** Sit on a stability ball, chair or lay on your spine.
- 2** As you inhale, fill the belly with a gentle breath. The belly will gently expand and the pelvic floor will soften.
- 3** As you exhale, make your ‘SSSSS’ sound and begin lifting the pelvic floor muscles as you then start to wrap your abdomen as if you were tightening a corset around your torso.
- 4** Take your time allowing your breath to be deep and expansive, yet slow & soft. Think about expanding the belly during the inhale, using your diaphragm to fill the belly (the last 1/3 of this breath can move into the ribcage).
- 5** The movement of the PF is just as essential as the TA activation on the exhale—these two muscles should co-contract together.



INNER THIGH SQUEEZES + DEEP CORE

- 1 Lying supine, feet flat on floor with neutral spine, place a small pilates ball or foam roller in between your knees.
- 2 Slowly begin exhaling & making your 'SSSS' sound as you squeeze the ball with your knees & engage your deep core at the same time.
- 3 Exhale & move to create a co-contraction of the inner thighs & the deep core. Hold at the top for a count 3.
- 4 Release & Repeat—Repeat for a total of 1 minute with your 'rest' being each gentle diaphragmatic inhale.

DAYS 11+

LEG SLIDES

- 1 Lying supine with a neutral spine & feet flat on the floor, exhale & engage (wrap) your deep core to start.
- 2 Inhale in your chest as you slide your left heel, extending your leg out in front of you as it hovers the floor.
- 3 Exhale as you pick the left leg up & bring it back to the starting position.
Think about your deep core guiding the leg out in front of you AND picking up the leg to bring it back to neutral.
- 4 Repeat with the other leg & continue this alternating movement for 1 minute. (Try to keep your deep core engaged throughout the entire exercise allowing your inhales to be in your chest & your exhales to activate deeper in the core & pick up your legs.)

BELLY FLIES

- 1** Lying supine with a neutral spine & feet flat on the floor, exhale & engage your deep core (notice that this draws your back towards the floor, no need to tuck your pelvis to make this happen anymore).
 - 2** With your deep core engaged, lift legs up to a table top position. Exhale & reinforce deep core engagement (don't forget your 'SSSSS' sound).
 - 3** Inhale in your chest as you slowly use your engaged core to open legs out wide, letting knees fall to the sides (keep joints stacked, where the knees go, the feet go).
 - 4** Exhale & imagine tightly wrapping your deep core as you slowly close legs back to starting position. Pay attention to the core engagement & if you lose it when opening legs, make the range of motion smaller.
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ALTERNATING HEEL TAPS

- 1** Lying supine with a neutral spine & feet flat on the floor, exhale & engage your deep core (notice that this draws your back towards the floor).
- 2** With your deep core engaged, lift legs up to a table top position. Exhale & reinforce deep core engagement (don't forget your 'SSSSS' sound).
- 3** Inhale in your chest as you lower left heel towards the floor (keep a hand on your abdomen & if it tries to push upward or the engagement releases, lessen your range of motion).
- 4** Exhale (making your 'SSSSS' sound) as you draw your leg back to table top.
- 5** Repeat with the other leg and continue this alternating movement for 1 minute.

Remember to try to keep the legs light as a feather and focus on the movement coming from the deep core.

HAVING TROUBLE?—Be Patient & Keep Practicing!

Feel free to reach out for help directly:

TheBloomMethod.com

or email at [Brooke@](mailto:Brooke@thebloommethod.com)

thebloommethod.com