



# Strengthening Your Post-Baby Body

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## General Tips For Postpartum Recovery

The most common issue I see in postpartum women is doing too much activity (or activity that is too intense), too soon.

Pregnancy creates massive changes to the muscles and joints, leaving the postpartum body vulnerable to injury. Recovery requires a deliberate approach to rebalance the muscles so that you can get back to the activities you love without hurting yourself.

The articles below will help you understand how to best approach postpartum recovery in the first year postpartum.

### [Why The 6-Week “All Clear For Exercise Rule” Hurts Postpartum Moms](#)

This article covers a key mindset shift that can help you avoid feeling like you should be “bouncing back” physically.

### [How To Ease Into Fitness After Birth](#)

This article provides a timeline of when and how to exercise in the first year postpartum.

### [How To Fix Your Body After Pregnancy](#)

The breath is the first, and most important, thing to heal your postpartum body. This article shares the importance of re-establishing proper breath patterns for postpartum recovery.

And here is a simple breath practice that can begin to shift your breathing patterns:

<https://brbyoga.com/core-breath/>

## Postpartum Core Health and Diastasis Recti

In pregnancy, the muscles of your abdomen separate to make room for your baby. When they don't come back together, you end up with diastasis recti. One-third of women have some level of abdominal separation one year after delivery.

The weakness caused by this separation causes other parts of your body to work harder, leaving you vulnerable to pain and injury.

Conventional abdominal exercises like planks and crunches can put more pressure on your weak spots, and make a diastasis worse.

With proper movement and proper alignment, most women can improve their core health within a few weeks...even if she had her baby decades ago.

### [How To Tell If You Have Diastasis Recti](#)

This article defines diastasis recti and provides a self-test video so you can better understand what is happening in your core.

### [Best Postpartum Ab Exercises](#)

Whether or not you have a diastasis, postpartum core strengthening SHOULD look different than before pregnancy. In general, you want to strengthen your deepest core muscles and avoid conventional ab exercises like planks and crunches for the short-term. This article (with video) shows you 3 simple abdominal exercises that will help you connect to your transverse abdominis (your deep abdominals).

### [How To Do C-Section Scar Massage \(And Why You Should\)](#)

C-Section scar tissue can prevent proper muscle firing, which can inhibit core healing. If you've had a c-section, you should incorporate massage into your life. This article (including a video) shows how to do c-section scar massage.

## [Post-Baby Abdominal Splinting \(Who Needs It & Who Doesn't\)](#)

Abdominal splinting can be a useful tool for postpartum healing and core rehabilitation. But not everyone needs to splint. This article shares who should wear a postpartum girdle and how to use it.

## [Key Alignment Changes For Core Healing \(Link: https://brbyoga.com/3-little-known-tips-heal-core-yoga/\)](https://brbyoga.com/3-little-known-tips-heal-core-yoga/)

This article covers a few topics related to practicing yoga with diastasis. Even if you have never done yoga, you will want to check out point 2 about proper alignment). Proper alignment plays a key role in whether or not your core can heal after having a baby.

***Further Reading: For all my articles on diastasis recti, head here:***

<https://brbyoga.com/diastasis-recti/>



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## Pelvic Floor Health

Post-Baby pelvic floor issues are common but not normal

In pregnancy, your body goes through very predictable changes. Your core gets weak to accommodate the growing baby. Other muscles change to pick up the slack of the weakened core.

When it comes to the pelvic floor, things can go two ways...

- For some, her pelvic floor becomes underactive.
- For others, her pelvic floor becomes overactive trying to stabilize the pelvis.

Both over AND under active pelvic floor muscles cause issues like leaking, pelvic pain, or instability in the pelvis.

Those patterns don't just go away after you give birth; but they can be corrected. By rebalancing your muscles you can rebuild a healthy pelvic floor.

### [Pelvic Floor Weakness: Under or Over Active Muscles?](#)

Use this guide to determine whether your pelvic floor issues are likely caused by over or underactive pelvic floor muscles.

### [3 Ways To Strengthen An Underactive Pelvic Floor](#)

If you have general underactivity in your pelvic floor, these tips can help you increase the muscle tone in your pelvic floor.

### [4 Ways To Release An Overactive Pelvic Floor](#)

If you struggle with overactivity of the muscles, then try some of these techniques to relax the muscles.

*A Pelvic Floor Massage Tool can help release overactive pelvic floor muscles. Here are my recommended tools (and how to use them):* [Best Pelvic Floor Massager \(And How To Use It\)](#)



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## [Two Tips to Stop Pelvic Floor Leaks](#)

This article covers a simple alignment adjustment that can help prevent pelvic floor leaking and a quick explanation of the two types of kegels you can do to engage both slow- and fast-twitch pelvic floor muscles.

## [The Importance Of Pelvic Floor Balance \(And How To Get It\)](#)

Make sure you are engaging the entirety of your pelvic floor by exploring pelvic floor balance in this article (with video).

**Further Learning: We offer free masterclasses to help you on your healing journey.**

Yoga and Diastasis Masterclass:

This 60 minute masterclass teaches you how to safely practice yoga with a diastasis and strengthen your post-baby core.

Happy Hips Masterclass

Hip pain and instability is a common issue in women. In this 60-minute masterclass learn which key imbalances are impacting your hip health and how to correct them.



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