



Activity in the first six weeks after giving birth

<https://libcat.nshealth.ca/en/permalink/chpams37059>

Available Online: View Pamphlet

Corporate Author: IWK. Physiotherapy
IWK. Family Newborn Adult Surgery Unit
IWK. Family and Newborn Unit
IWK. Urogynaecology / General Gynaecology
IWK. Birth Unit

Place of Publication: Halifax, NS

Publisher: IWK Health Centre

Date of Publication: 2017

Format: Pamphlet

Language: English

Physical Description: 1 electronic document : digital, PDF file

Subjects (MeSH): Exercise
Maternal Health
Postnatal Care

Subjects (LCSH): Exercise
New mothers--Health and hygiene
Postnatal care

Abstract: After the hard work of delivery of a baby, many mothers have questions about when they should start to exercises, or return to their usual exercise routine. This guide should help with some of those questions.

Notes: This pamphlet replaces PL-0245 "Exercise Program after Birth of Your Baby" and PL-0246 "Exercise Program after Caesarean Birth" as of 2015.

Responsibility: IWK Family Newborn Adult Surgery Unit, Halifax, NS

Pamphlet Number: PL-0898

Zone: All Zones