



“C-SECTION” REHAB: THE PROFESSIONAL'S GUIDE

1 in 3 pregnancies result in a Cesarean birth in Canada. Despite it being a major abdominal surgery, no standard rehab protocol is given at hospitals. While it may seem daunting to fill this gap in women’s healthcare, C-birth recovery is actually quite uncomplicated. Treat it like a “season-ending sport injury”, and your client will be back next season.

3 Simple Action Items to Better C-birth Recovery



0-3 months
postpartum

Abdominal compression

- Consider abdominal wraps and/or compression garments.
- Wear 24/7 in first 6 weeks
- Wean off compression over the next 6 weeks



0-6 months
and beyond

Scar Massage

- Indirect scar massage 0-6 weeks
- Direct self scar massage 6 weeks - 6 months
- Perinatal therapist and tool assisted massage >6months postpartum



1-12 months
and beyond

Cross-Chain exercises

- Begin with Walking as soon as comfortable
- Introduce ABC's as soon as possible (Alignment, Breathing, Core Control)
- Start isometric → movement → high impact

Your role as a Fitness Professional:

- **Protect** abdominals and repattern the core
- **Educate** - teach self-scar massage techniques
- **Empower** your client - eliminate fear around birth experience, movement, and exercise

Game Plan:

- Load without overloading (C-birth incisions can “get worse”)
- Create a plan. Follow it.



JANETTE YEE, PERINATAL ATHLETIC THERAPIST
LEADING LEADERS IN PERINATAL THERAPY

Follow @askjanette on Instagram

Learn with Janette Yee here: janetteyee.com/prof-cbirth-program