

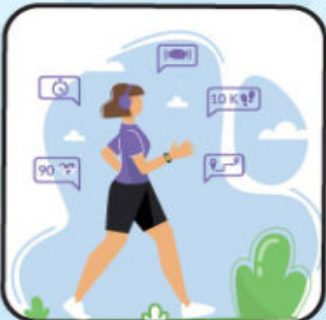


# How To Manage Backaches After Childbirth



After childbirth, aim to return to a healthy weight over the course of a few months by following a balanced diet.

Exercise or do yoga to improve the health of strained muscles and ligaments.



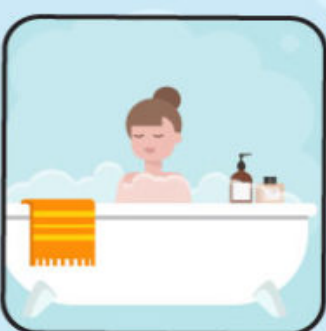
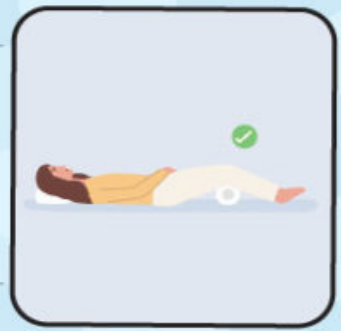
Walking may be safe to start with if you had a C-section, followed by swimming to strengthen the muscles.

Avoid lifting heavy objects and wearing heels for a few months after delivery.



Use a comfortable chair and footstool to support your back while breastfeeding.

Sleep in a comfortable position and use pillows for support.



Take warm baths and occasional oil massages.

Use hot water bags or cold packs to alleviate the pain and pain relief ointment for mild to moderate pain.

