

# FASCIA IN POSTPARTUM RECOVERY

## SUPPORTING THE POSTNATAL BODY THROUGH MYOFASCIAL MOVEMENT

**The human body is a miracle. It creates new life and continuously adapts to support it.** Especially during pregnancy and postpartum recovery, our fascia performs something truly remarkable.

The topic of fascia and its influence on our vitality, resilience, and sense of being at home in the body has fascinated and inspired me for many years.

Many women searching for postpartum recovery exercises, support for diastasis recti, or ways to reconnect with their core after pregnancy begin to discover the important role fascia plays in recovery and resilience.

If my previous blog "*Fascinating Fascia in Pregnancy*" sparked your curiosity and offered some foundational insights, I would love to share a glimpse into myofascial movement in postpartum recovery.



### **The Body's Fascinating Ability to Adapt**

During pregnancy, our connective tissue, the fascia, has the remarkable ability to expand and respond to the growing baby.

After birth, the body begins another extraordinary process: reorganizing, regenerating, and finding a new balance. Fascia remains adaptable throughout this entire journey. It responds beautifully to **conscious movement, variation, and attentive training**.

For a long time, we believed the skeleton was the structure that carried us. Today we understand that our bones actually **float within a continuous fascial network**. Fascia forms a body-wide communication system that connects us from head to toe and gives the body its **inner tensile support**.

### **A Living System: From Tensegrity to Biotensegrity**

The tensegrity model, originally developed by architect Buckminster Fuller, helps illustrate an important principle of structural stability.

The word *tensegrity* combines *tension* and *integrity*. In architectural structures, rigid elements push outward while tensioned elements pull inward, creating a stable yet flexible system.

When this principle is applied to the human body, it is often described as **biotensegrity**. Bones act like rigid struts, while the **myofascial system**, fascia,

muscles, and connective tissues, behaves like elastic tension elements that hold the body together.

This interplay of compression and tension creates a dynamic equilibrium, a living system that continuously adapts and reorganizes.

When one part of the system changes, the entire body responds.

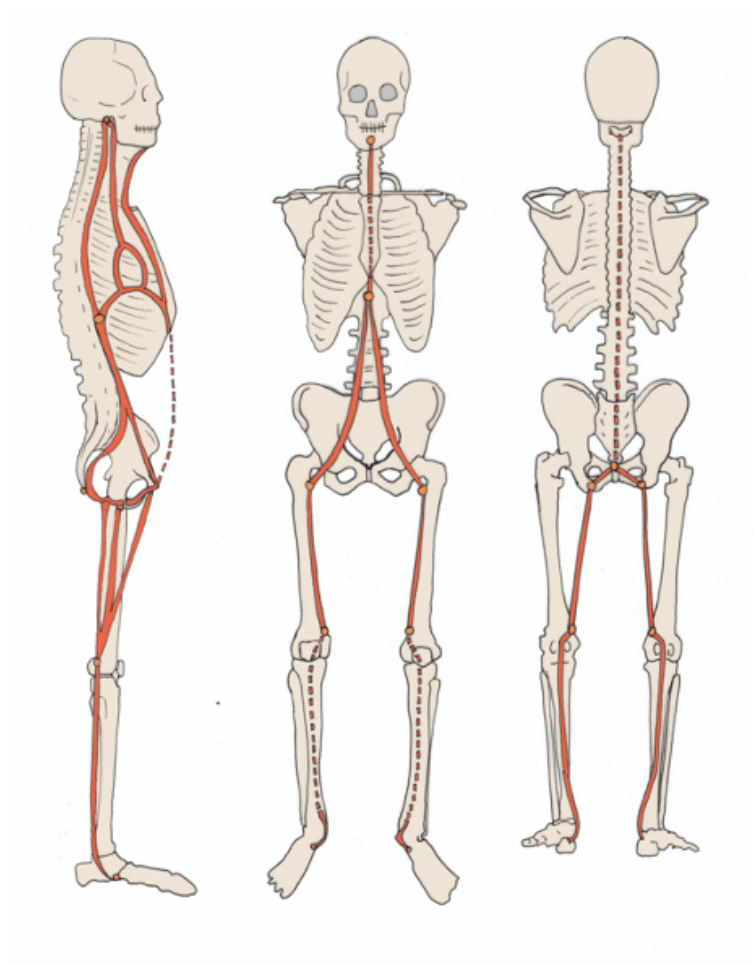
It becomes easy to imagine how pregnancy shifts posture, center of gravity, and internal balance. These changes ripple through the whole body.



### **Myofascial Connections Throughout the Body**

To better understand these connections, we often refer to the **myofascial lines described in Thomas Myers' Anatomy Trains concept**.

One example is the **Deep Front Line**, which runs from the feet through the inner legs, pelvic floor, diaphragm, and all the way to the roof of the mouth.



This interconnectedness reveals important relationships within the body:

- When feet and knees collapse inward, it influences everything further up the chain, including the hips, back, and pelvic floor. Without sufficient inner support and tension, the body may sink and organs may feel compressed.
- As the belly grows during pregnancy, the back muscles and fascia carry additional load and may become shortened or restricted.
- The expanding belly naturally stretches the abdominal muscles and thins the fascia. By the end of pregnancy, every woman develops a **diastasis recti**.
- The pelvic floor and its fascial connections are significantly challenged during pregnancy and birth.
- Hormonal changes soften fascial tissue and increase adaptability for several months after breastfeeding.

### **How Myofascial Movement Supports Postpartum Recovery**



Recovery after birth takes time, patience, and conscious movement. Myofascial movement can gently support this process in several ways.

#### **Supporting the healing of diastasis recti**

Recovery is not primarily about closing the gap between the abdominal muscles. Instead, the focus lies on restoring tension, elasticity, and functional cooperation across the entire abdominal wall.

If the fascia in the back is overly tense, it becomes difficult for the front body to reconnect and stabilize.

#### **Restoring glide in the thoracolumbar fascia**

Movement can help rehydrate the tissues of the lower back and restore glide, elasticity, and adaptability in this important fascial region.

#### **Caring for the pelvic floor**

Whether birth was vaginal or via cesarean section, the pelvic floor carries significant load during pregnancy and birth. Because it is fascially connected with the abdomen, back, and the whole body, awareness, relaxation, and dynamic movement are essential.

#### **Reconnecting breath and posture**

A freely moving diaphragm and an upright posture support the reorganization of the core after birth. Ideally, feet, pelvis, ribcage, and head align in a way that allows the ribcage to support relaxed shoulders and neck.

#### **Gradual and progressive recovery**

Postpartum recovery is a process. A newly organized center supports you as you carry your baby and move through everyday life.

#### **Supporting emotional and energetic balance**

Early motherhood often includes sleepless nights, breastfeeding, and emotional waves. Stress and elevated cortisol levels can slow regeneration. Gentle myofascial movement offers a way to nourish resilience, restore vitality, and create moments of calm within a busy day.

Conscious breathing is a powerful ally in this process.

### **Addressing scar tissue**

Scar tissue, whether from a cesarean birth or birth injuries, deserves attention. Fascia focused movement, hydration of the tissues, and restoring glide can positively influence healing.

### **Want to Experience It Yourself?**

You can explore a short FAMO Fascia Movement session in this video.

The video is in German, but the movements are easy to follow visually. You can also activate YouTube's automatic subtitles and translation if needed.

All you need are two massage balls and a mat.

### **Why Fascia and Muscle Work Together**

Muscles and fascia are inseparable partners, yet they require slightly different approaches in training.

Fascia cannot act without muscle, and muscle relies on fascia for coordination and force transmission. Together they create harmony in the body.

Strength, elasticity, and the ability to release are all important qualities. Muscles provide grounding and inner stability, helping us feel supported both physically and emotionally.

In myofascial training, **movement quality is central**. Versatility and balance create the best conditions for healthy tissues.

In the **FAMO Fascia Movement method by art of motion**, movement is explored through the **twelve fascial movement qualities, techniques, and practice aims**. This multidimensional approach supports vitality, adaptability, and creates ideal conditions for postnatal recovery.

### **Reconnecting With Yourself**

When attention is focused entirely on the baby, moments of self-awareness can easily fade into the background.

I warmly encourage you to create **small islands of time** to reconnect with your body, breath, and inner sensations.

Fascia is often described as our **sixth sense**, a richly innervated sensory organ that allows us to sense ourselves from within.

This helps explain why fascia focused movement influences not only our physical body, but also our emotional state, energy levels, and resilience.

It **supports vitality, trust in your body, and a sense of being truly at home within yourself**, today and in everything that lies ahead.

### **A Perspective I Share With Every Trainer**

This perspective also forms the foundation of my **Pre- & Postnatal Trainer certification**, where I share these principles with trainers who wish to support women during this transformative phase of life.



I hope this blog offered you inspiration and gentle impulses for reconnecting with yourself during postpartum recovery and for rediscovering the feeling of being truly at home in your body.

FAMO Fascia Movement can continue to nurture vitality, quality of life, and love for movement long beyond the postpartum phase.

**Sources of Inspiration:**

FAMO Fascia Movement, art of motion Karin Gurtner

Muriel Morwitzer, art of motion

Sarah Duval – Core Exercise Solutions

Diane Lee – Bücher und Weiterbildungen

Pilates Bern

Pre- & Postnatal Trainer