

**THE APPLICATION OF POSTPARTUM GYMNASTICS AGAINST
UTERINE INVOLUTION IN POSTPARTUM MOTHERS IN TANJUNGREJO
VILLAGE INDEPENDENT PRACTICE MIDWIFE**

Anisa Zahra
az424649@gmail.com
University of 'Aisyiyah Surakarta

ABSTRACT

Background: Bleeding due to the late process of uterine involution during postpartum is the cause of the mother's death rate. About 50.7% of maternal deaths occur during postpartum due to the late process of uterine involution. to prevent failure from uterine involution are puerperal gymnastics. Postpartum gymnastics can help contractions in the uterus so it can run normally. Objective: To find out the change in the height of uterine fundus in 2 respondents at BPM Tanjungrejo Village. Method: This research uses a descriptive method conducted on June 26 to July 8, 2023 in Tanjungrejo Village with each respondent given an intervention for 3 days once for 2 weeks. The instruments that used are metlines and observation sheets to measure and to measure and to write the high of fundus before and after doing postpartum gymnastics. Results: The average height of the uterine fundus in 2 respondents was 4-4.5 cm and after the intervention the average height of the uterine fundus in 2 respondents was 2-3 cm with an average decrease of 1-1.5 cm in each gymnastic measurement. Conclusion: The application of postpartum gymnastics can help the process of uterine involution.

Keywords: Postpartum Period, Uterine Involution, Uterine Fundus Height, Postpartum Gymnastics