

**APPLICATION OF PUERPERAL GYMNASTICS TO A DECREASE IN
UTERINE FUNDUAL HEIGHT IN POST PARTUM
IN THE PUSKESMAS KARTASURA**

Diah Eka Nauroh Nazifah, Mulyaningsih, Irma Mustika Sari
Diaheka765@gmail.com
STIKES 'Aisyiyah Surakarta

ABSTRACT

***The background;** Bleeding post partum can occur due to the contractions uterus less good and uterus that flaccid. One way to the contractions remain good until the end of the nifas is mobilisasi and a simple as gymnastics nifas. **The goal of;** Detect the implementation of the influence of gymnastics nifas against the loss of Higher Education Fundus Uteri on the post partum in the health center Kartasura. **A method;** Research this to act gymnastics nifas then do observations to know the influence of gymnastics nifas against the loss of Higher Education Fundus Uteri on the post partum. **The results of;** High Fundus Uteri before done gymnastics nifas on the respondents first 12 cm wide and on the respondents both 11 cm wide. High Fundus Uteri on both respondents after done implementation of gymnastics nifas there is a decrease in and penurunannya faster than the normal. In comparison High Fundus Uteri on the respondents first of 12 cm be 6 cm wide and on the respondents both of 11 cm be no palpable. **The conclusion;** There is a difference High Fundus Uteri before and after done gymnastics nifas on the respondents first of 12 cm be 6 cm wide and on the respondents both of 11 cm be no palpable.*

Keywords: Nifas gymnastics, High Fundus Uteri, Nifas.