

**EDUCATION OF IMPROTANCE OF EARLY MOBILIZATION  
OF SECTIO CAESAREA POST WOUND HEALING  
THROUGH POCKET MEDIA**

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**SUMMARY**

**Background:** *Delivery of sectio caesarea has inceased by 22.9 million. The World Healty Organization (WHO) says that caesarea section is performed around 10-15% of the number of birth in the world. For an explanation from WHO, is has been besed on research on the analysis of the dengers that will occur, both of the mother and the fetus. Prevalansi of caesarea section in Indonesia as many as 25% of mothers who want to give brith by cesarean section. The way speed up the wound healing process inmothers is post-caesarea section by doing early mobilization.*

**Methods:** *using a pocket book entiled "Movement Exercises for Wound Healing Efforts after Childbrith Surgery" was chosen as a medium to provide information and knowledge for post mothers section caesarean abouth early mobilization of wound healing.*

**Results:** *The output achieved was a pocket book of movement exercises for wound healing after labor sugery.*

**Conslusion:** *The output of this pocket book "Movement Exercises for Wound Healing Efforts after Childbrith Surgery" was designed to help the wound healing process for post-mothers section caesarea by performing early mobilization movments.*

**Keywords:** *Sectio caesarea, early mobilization, wound healing, pocket book.*