

# KEGEL EXERCISES ON POSTPARTUM WOMEN TO HEALING PERINEUM WOUND WITH VIDEO MEDIA METHOD

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## **SUMMARY**

**Back Ground :** *Based on the number of maternal mortality cases in Pati Regency in 2019, there were 8 cases (45 per 100,000 MMR). About 70% of women giving birth vaginally experience perineal trauma. Trauma to the perineum causes physical and psychological problems in the long term and about 54.43% complained of still pain in the perineal suture wounds and “felt” that the perineal suture wound had not healed at the sixth day postpartum visit. There are several treatments that can be done, one of which is Kegel exercises. Kegel exercises play an important role in the healing process of perineal wounds. The contraction and relaxation movements produced by Kegel exercises can increase the blood supply that contains oxygen and nutrients to the wound tissue.* **Methods:** *Provide knowledge or education using video media with titles "Kegel Exercises for 10 Seconds to Tighten Miss V after Giving Birth".* **Results:** *Increase knowledge and information about Kegel exercises for postpartum mothers and the general public.* **Conclusion:** *This video media can provide information to increase knowledge and provide health education about Kegel exercises for postpartum mothers and the general public in healing perineal wounds.*

### **Key words :**

*Kegel exercises, post partum mothers, perineal wound healing, video media*