

**THE APPLICATION OF PUERPERAL GYMNASTICS TO UTERINE
INVOLUTION IN POSTPARTUM MOTHERS IN INDEPENDENT
PRACTICING MIDWIFE PURWANTORO SUB-DISTRICT**

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ABSTRACT

Background; After childbirth, approximately 60% of maternal deaths due to pregnancy occur after childbirth, and 50% of deaths in the postpartum period occur in the first 24 hours after birth. Uterine involution is a process of returning to its original condition, if there is a failure of uterine involution it will cause sub-involution and bleeding, factors that help accelerate the process of uterine involution, one of which is doing postpartum gymnastics activities. **Objective;** Describe the results of measuring uterine involution in postpartum women before and after the intervention of postpartum gymnastics. **Method;** this method uses a case study with a pretest and posttest approach and an observation sheet containing measurements of the height of the fundus uteri before and after puerperal gymnastics for 3 consecutive days with a 30-minute meeting time. **Results;** The application showed results to two respondents in Mrs. A experienced a decrease in TFU from 12 cm to 8.3 cm while in Mrs. M experienced a decrease in TFU from 11.5 cm to 8 cm. **Conclusion;** Application of puerperal gymnastics can accelerate the process of decreasing Uterine Involution.

Keywords: Uterine Involution, Postpartum Gymnastics, Uterine Fundus Height