

**APPLICATION OF KEGEL EXERCISE TO PERINEAL WOUNDS
IN POSTPARTUM MOTHERS**

Hariyanti¹, Ika Silvitasari²

hariyanti2024@gmail.com

'Aisyiyah University Surakarta

ABSTRACT

Background: *Perineal wounds are a condition that occurs in postpartum mothers that cause a slowdown in the healing process. A nonpharmacological effort that can be applied is Kegel Exercise, a pelvic muscle exercise by contracting muscles.*

Objective: *To determine the effect of the application of Kegel Exercise on the healing of perineal wounds in postpartum mothers.*

Methods: *The method used was a case study on 2 respondents with grade II perineal lesions. The application of kegel exercise was carried out for 7 days 3 times a day measured by the REEDA scale.*

Results: *The results showed that before the application, Mrs. S aged 36 years had a score of 11 and Mrs. D aged 29 years with a score of 12 classified as bad injuries. After the implementation of the REEDA score, Mrs. S and Mrs. D*

decreased to 0, classified as good injuries. **Conclusion:** *There is a difference in the healing characteristics of perineal wounds in postpartum mothers and the effectiveness of Kegel Exercise in accelerating the healing of perineal wounds.*

Keywords: *Kegel Exercise, perineal wounds, postpartum mothers*