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<b>Application of Kegel Exercises Against Perineal Wound Healing in Ny. I with Normal Post Partum in Cempaka Room RSUD dr. Soehadi Prijongoro Sragen</b>	
<b>ABSTRACT</b>	
<p><b>Background</b> : The postpartum period is a period two hours postpartum. Perineal wound is the injury caused by labor in the perineum. Kegel exercises are exercises to strengthen pelvic floor muscles in a way possible fractions of the rectum and urethra.</p> <p><b>Objectives</b> : Application of kegel exercises in post partum mother with perineal wound.</p> <p><b>Methods</b> : The design of this research using descriptive research method. Where done kegel exercises then conducted observations to determine wound healing or wound conditions. The application of Kegel exercises is done for a week three times (a day is done three times).</p> <p><b>Result</b> : The results show differences before and after kegel exercises.</p> <p><b>Conclusion</b> : The data show that Kegel exercises can accelerate the healing of perineal wound</p> <p><b>Suggestion</b> : Kegel exercises can be done to accelerate the healing of the perineal wound.</p>	
<b>Keywords</b> : Kegel exercises, perineal wound, post partum mother.	