

**IMPLEMENTATION OF KEGEL EXERCISE TO HEALING  
PERINEUM INJURY ON POSTPARTUM MOTHER  
IN THE WORK AREA KARTASURA  
HEALTH CENTER**

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**ABSTRACT**

**Background of the study:** *Post partum or puerperal is a condition in which the recovery period of reproductive organs such as before pregnancy. The childbirth process is almost 90% having perineal tears. Perineal wounds can cause infection due to the microorganisms entry into the perineal wound. There are two actions to accelerate the healing of perineal wounds, namely pharmacological and non-pharmacological actions, one of the non-pharmacological actions is kegel exercises. Perineal wound healing usually 6-7 days.* **Purpose of the study:** *Describe the results of observations of wound healing and changes in the characteristics of perineal wounds in postpartum mothers.* **Method:** *This implementation uses a case study with descriptive research designs.* **Results:** *The implementation shows prior to the second Kegel exercise, the condition of perineal wounds was classified as moderate wounds, namely wet wounds, the perineum closed, no signs of infection. After Kegel exercises performed on the fourth day, perineal wounds Ny. N and Ny. B is classified as moderate wound, ie wet wound, closed perineum, no signs of infection. On the seventh day, Mrs. N healing of wounds in the category of moderate wounds, namely dry wounds, seams in the perineal wound which are slightly open, but no signs of infection. And the condition of Mrs. B. wound on the seventh day is classified as either wound dry wounds, perineum closed, no signs of infection.* **Conclusion:** *There are differences on wound healing and changes in the characteristics of perineal wounds in postpartum mothers*

**Keywords:** *Kegel exercises, wound healing, postpartum mother.*