

Postnatal pelvic health

When is the right time for women to return to physical exercise postnatally?

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Considerations to guide return to postnatal running

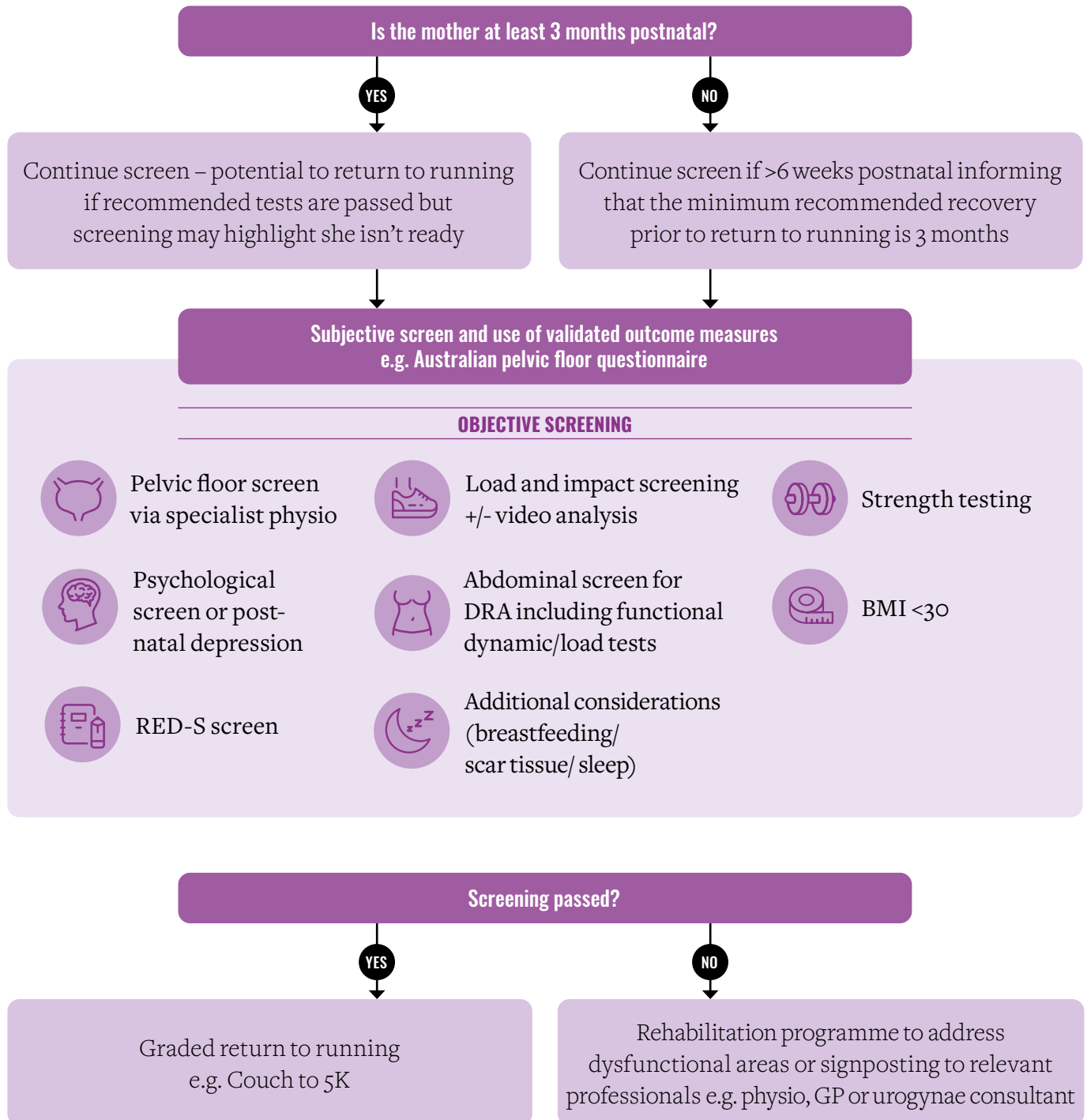


DIAGRAM SOURCE: Goom T, Donnelly G & Brockwell E. Returning to running postnatal – Guidelines for medical, health and fitness professionals managing this population. March 2019. Original diagram by @sportsmedicineNI, available for download at @physiomumuk

Considerations to guide return to postnatal running







WEEKS POSTNATAL	EXAMPLES OF EXERCISE PROGRESSIONS
Weeks 0-2	 <ul style="list-style-type: none"> Pelvic floor muscle strength and endurance Basic core exercises e.g. pelvic tilt Walking for cardiovascular exercise
Weeks 2-4	 <ul style="list-style-type: none"> Progress walking, pelvic floor muscle/core rehab Introduce squats, lunges and bridging in line with day-to-day requirements
Weeks 4-6	 <ul style="list-style-type: none"> Low impact exercise – static cycling Low impact – cross trainer Individualise according to postnatal recovery, mode of delivery, perineal trauma and saddle comfort
Weeks 6-8	 <ul style="list-style-type: none"> Scar mobilisation Power walking Increase low impact exercise Add deadlift Add resistance to lower limb and core
Weeks 8-12	 <ul style="list-style-type: none"> Introduce swimming Dependent if lochia stopped and wound healing satisfactory Spinning if comfortable sitting on a spinning saddle
Weeks 12 & beyond	 <ul style="list-style-type: none"> Graded return to running Goal specific Consider running coach Consider risk factors e.g. obesity Modify according to signs and symptoms

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