

Return to exercise checklist:

- Must have GP 6 week check and the “ok” to return to exercise
- Women’s health physio assessment (6-8 weeks and again 4 months)
- Graded return to exercise
- It can take 6-12 months to return to pre-pregnancy pole level
- Pelvic floor and TA need to be functioning well before return to exercise

Contraindications for returning to exercise postpartum:

- Vaginal bleeding
- Abdominal cramping
- Painful epidural site
- Caesarean section scar gaping or burst
- No medical clearance to return to exercise

Precautions:

- Back pain
- Pelvic pain
- Caesarean section
- Pelvic organ prolapse
- Prolapse symptoms (intermittent)
- Large abdominal separation 5cm+
- De Quervain’s tenosynovitis (Mummy’s thumb)

Exercise modifications:

- Watch for doming of the abdomen
- Avoid prolonged standing on one leg if there is pelvic girdle pain
- Avoid splits or deep lunge stretching if there is pelvic girdle pain
- Avoid dynamic drops and flips especially if there is any Pelvic Organ Prolapse symptoms (POP)
- Avoid any movements that cause breath holding
- Listen to your body. Every session may be different as your hormones and energy levels vary

