

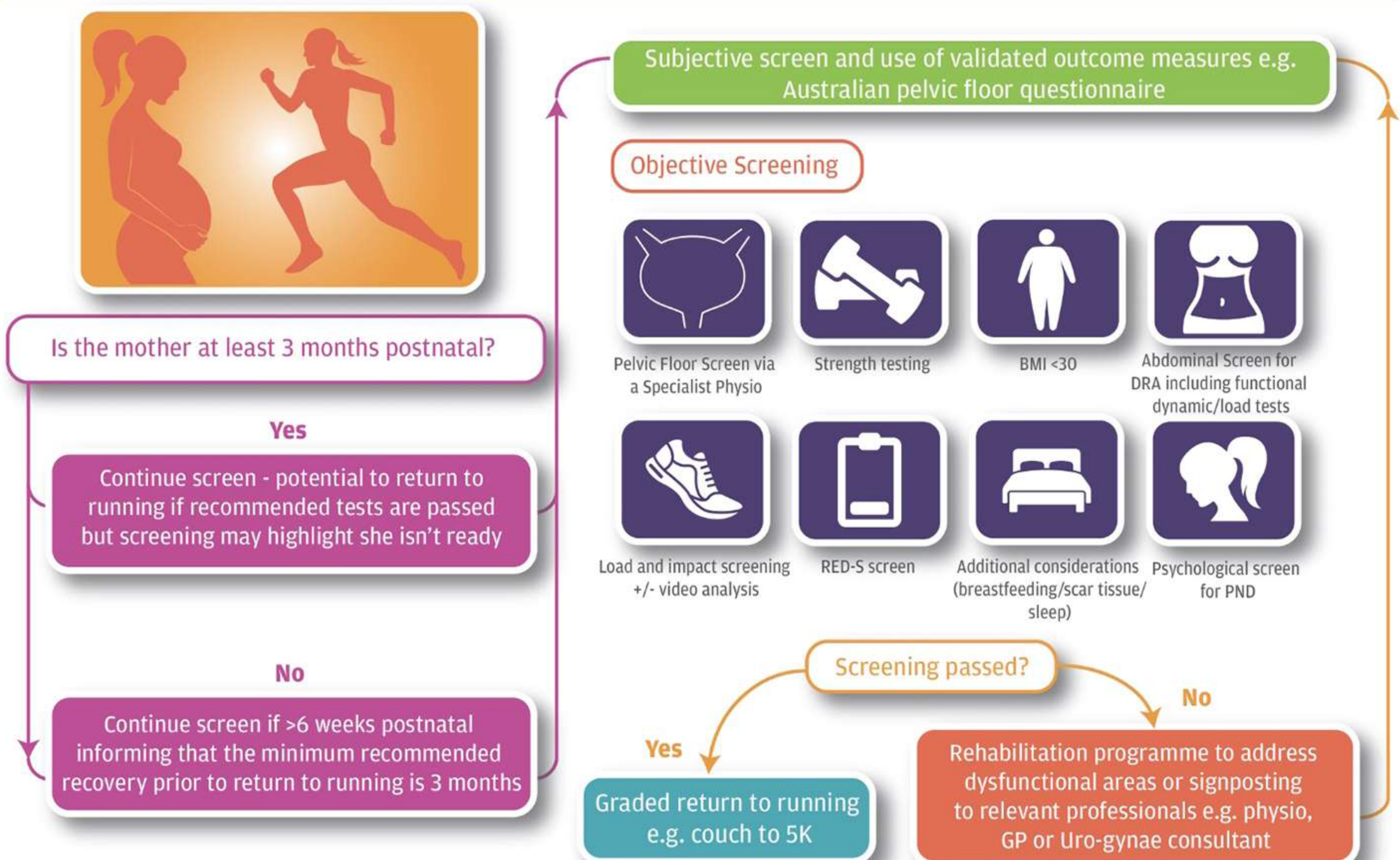
EXAMPLES OF EXERCISE PROGRESSION IN THE POSTNATAL RUNNER

Weeks Postnatal	Examples of Exercise Progression				
Weeks 0-2	Pelvic floor muscle strength & endurance	Basic core exercises e.g. pelvic tilt	Walking for Cardiovascular exercise		
Weeks 2-4	Progress walking, pelvic floor muscle/core rehab	Introduce squats, lunges & bridging in line with day-to-day requirements			
Weeks 4-6	Low impact exercise - static cycling	Low impact - cross trainer Individualise according to postnatal recovery, mode of delivery, perineal trauma & saddle comfort			
Weeks 6-8	Scar mobilisation	Power walking	Increase low impact exercise	Add dead lift	Add resistance to lower limb & core
Weeks 8-12	Introduce swimming	Dependent if lochia stopped & wound healing satisfactory	Spinning if comfortable sitting on a spinning saddle		
Week 12 & Beyond	Graded return to running	Goal specific	Consider running coach	Consider risk factors e.g. obesity	Modify according to signs & symptoms

Source - Goom T, Donnelly G & Brockwell E. Returning to running postnatal - Guidelines for medical, health and fitness professionals managing this population. March 2019



CONSIDERATIONS TO GUIDE RETURN TO POSTNATAL RUNNING



Source - Goom T, Donnelly G & Brockwell E. Returning to running postnatal - Guidelines for medical, health and fitness professionals managing this population. March 2019

