

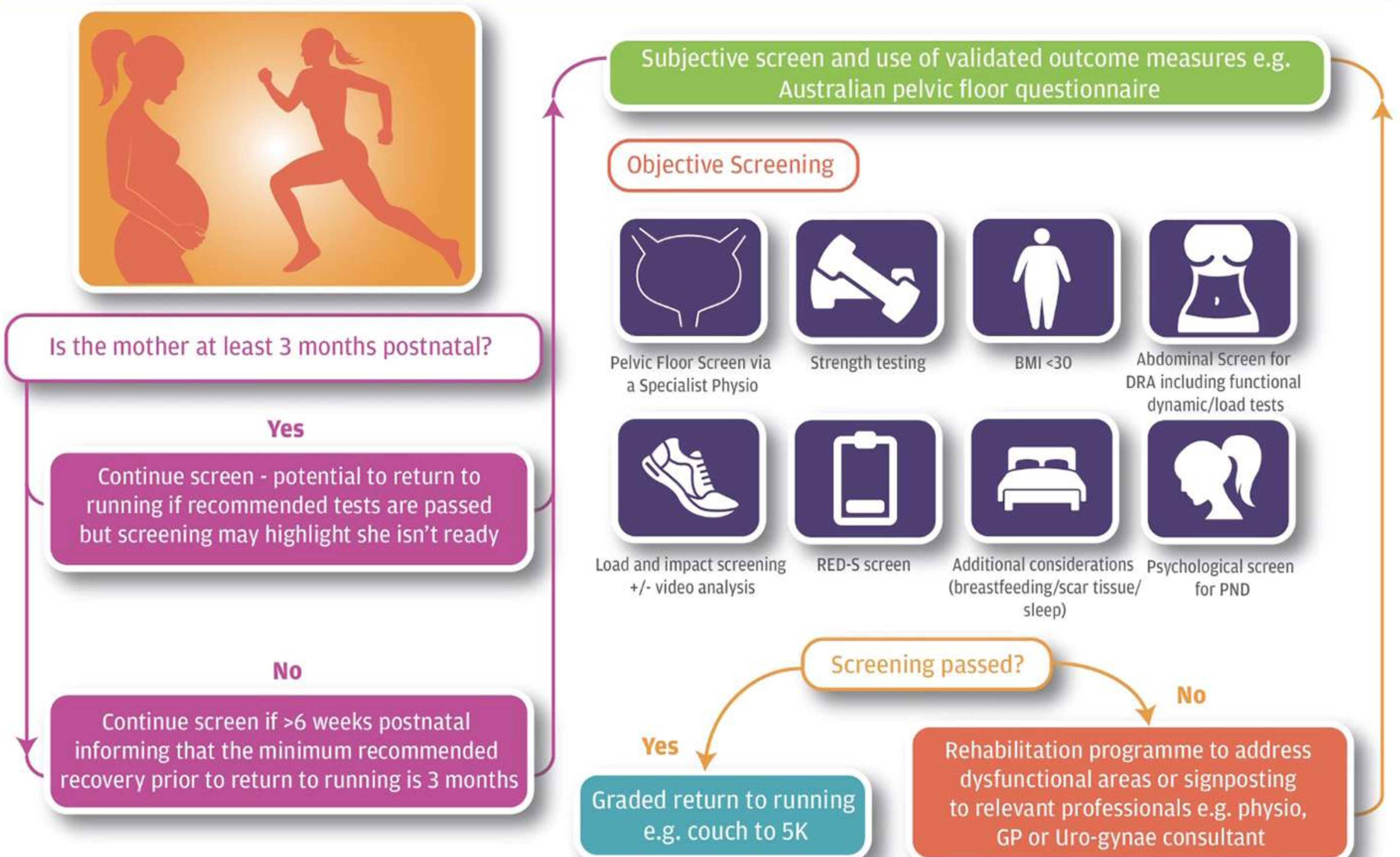
# EXAMPLES OF EXERCISE PROGRESSION IN THE POSTNATAL RUNNER

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

