























## 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