

Can I...?



High Impact

- 🏃 Running/Jogging
- 🏃 HIIT
- 🏃 Circuit training/Bootcamp
- 🏃 Zumba/Step aerobics
- 🏃 Boxercise/Body attack/Combat
- 🏃 CrossFit

What to watch out for

- 🏃 DR
- 🏃 POP
- 🏃 Weak pelvic floor symptoms
- 🏃 Adverse impact on the above

Advice

- 🏃 Work on foundations
- 🏃 Remove all impact for at least 3 months
- 🏃 Adapt/avoid ab work in classes
- 🏃 Bring in impact gradually between 3-6 months – later is better

Logical alternatives

- 🏃 Static bike moving to spin
- 🏃 Equivalent classes but designed for postpartum by a perinatal fitness specialist
- 🏃 Aquajogging (runners/joggers)
- 🏃 Cross trainer



Resistance/strength work

- 🏃 Free weights in the gym
- 🏃 Weights machines in the gym
- 🏃 Body pump
- 🏃 Kettlebell training
- 🏃 CrossFit

What to watch out for

- 🏃 DR
- 🏃 POP
- 🏃 Weak pelvic floor symptoms
- 🏃 Intra-abdominal placing pressure on weakened areas
- 🏃 Importance of exhale on effort
- 🏃 No valsalva maneuver

Advice

- 🏃 Work on foundations
- 🏃 Adapt any abdominal work
- 🏃 Build up weights gradually
- 🏃 Only swing a kettlebell once foundations are in place

Logical alternatives

- 🏃 Body weight exercises
- 🏃 Resistance bands
- 🏃 Use kettlebells like dumbbells until foundations are in place



Water-based

- 🏃 Swimming
- 🏃 Aquafit/Aerobics
- 🏃 Aquajogging

What to watch out for

- 🏃 Pelvic girdle pain persisting, test breaststroke carefully
- 🏃 Lower back pain: avoid breaststroke and do other strokes instead

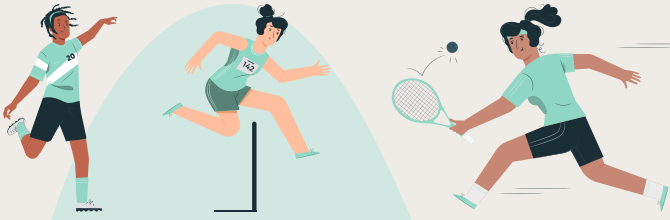
Advice

- 🏃 Wait for lochia to stop
- 🏃 All wounds must fully heal
- 🏃 Work on foundations alongside water-based activities

Logical alternatives

- 🏃 None required

Can I...?



Competitive Sport

High impact with change of direction at speed

- Football
- Rugby
- Netball/Basketball
- Hockey
- Tennis
- Volleyball
- CrossFit
- Martial arts

What to watch out for

- Joint instability with higher risk of injury
- DR
- POP
- Weak pelvic floor symptoms
- Adverse impact on the above

Advice

- Work on foundations
- Eliminate competitive element for as long as possible
- Build strength round joints to increase joint stability
- Build stamina through non-impact activities initially: spin, cross trainer etc.

Logical alternatives

- Rather than alternatives, it is important to build strong foundations – core – strength and stamina - ready to come back to the sport at a later stage



Other Forms of Exercise

- Yoga/Pilates/Aerial yoga/Bungee fitness
- Horse riding
- Climbing
- Skiing
- Athletics
- Tug of war
- Pole dancing
- Triathlon

What to watch out for

Potentially any of the following:

- DR
- POP
- Weak pelvic floor symptoms
- Intra-abdominal placing pressure on weakened areas
- Joint laxity with increased risk of injury
- Importance of exhaling on effort
- No valsalva maneuver

Advice

Use the “tree of fitness” framework to offer advice:

- Work on foundations
- Build strength and stamina incrementally
- Introduce impact at a later stage between 3-6 months – later is better

Logical alternatives

- Some of these forms of fitness will have equivalents that are designed specifically for postpartum e.g. pilates and yoga