

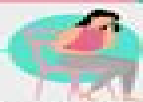
POSTPARTUM RECOVERY TIMELINE

@bodyfabulousfitness

DAY
1-10

POST BIRTH - WHAT TO EXPECT

- Belly still looks pregnant
- Exhaustion
- Heavy bleeding
- Swollen tender breasts
- Discomfort – swelling, pain, stitches



- Blood pressure, heart rate temperature, and should breathing return to normal
- Baby Blues – if persists longer than 2 weeks seek support for Postpartum Depression
- Muscle aches and some pain in pelvis, chest, tailbone, back, and legs

C-SECTION

- Pain medication
- Help and support needed for moving
- Ensure scar care plan is provided by Dr / Midwife



BEFORE 4 WEEKS SAFE MOVEMENT

- Gentle Pelvic floor Activation – no clenching
- Gentle walking around home
- Ankle and Wrist mobility – improve circulation, avoid thrombosis
- Postural alignment – neutral pelvis when sitting or standing + restack shoulders over ribs



PELVIC TESTS

- Avoid clenching, tucking or sucking. Just gentle fill of pubic bone to belly button as exhale. Then unfuck pelvis on inhale and fully release belly

DIAPHRAGMATIC BREATHING

- Lying on back find length in the breath, gently drawing post throat and chest to reconnect with core

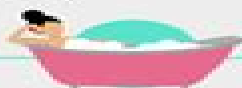
C-SECTION

- Ankle & wrist mobility + walking around home

4-8
WEEKS

WHAT TO EXPECT

- Discomfort around c-section site
- Bleeding should be easing off
- Follow up appointment with Dr / Midwife
- See a Women's Health Physio for Pelvic Floor / Diastasis Recti Check



SELF CARE

- Remember the 4th trimester – recover, rest, rehab
- No strenuous exercise
- Focus on rest, sleep + bonding with baby
- Collagen boosting foods for healing + repair

C-SECTION

- Ensure scar care is maintained + monitored

DAY
10-21

WHAT TO EXPECT

- Lighter bleeding
- Healing around c-section and episiotomy sites
- Still look pregnant

SAFE & EFFECTIVE EXERCISES

- 6-8 week medical clearance from Dr for Exercise does not mean ALL exercises
- Start with gentle, low impact movement + postural alignment
- Deep Core and Pelvic Floor focused movements
- Avoid sit ups, crunches, planks + heavy load
- Longer walks – 20 mins

8-12
WEEKS

WHAT TO EXPECT

- Energy levels will feel better
- Sleep deprivation
- Increase in appetite, focus on nutrients not calories
- Possible hair loss + moxitis



- Back, shoulder and neck pain from long periods sitting nursing baby

IF BREASTFEEDING

- Relax in body (up to 12 mths post birth) so risk of sprain and strains



SAFE & EFFECTIVE EXERCISES

- Continue with gentle, low impact movement
- Stand tall and walk in proper alignment to reduce intra-abdominal pressure
- Deep Core and Pelvic Floor focused movements – no clenching
- Use light resistance exercises – bodyweight, light dumb-bells or pilates bands combined with deep core breathing
- Avoid sit ups, crunches + planks
- No high heels, wear flat or barefoot shoes



2-4
MONTHS

IMPORTANT

- See Women's Health Physio for full pelvic floor assessment + Diastasis recti check.
- C-Section does not make you immune to Diastasis + Pelvic Floor concerns
- If chronically tired and overwhelmed, see Doctor regarding postnatal depletion and depression



8-12
MONTHS

SAFE & EFFECTIVE EXERCISES

- Ensure a combination of ying + yang workouts too much high intensity will cause depletion + inhibit fat loss
- Think quality movements over quantity
- Not a time to hit a personal best
- Build on consistency = sustainable fitness and performance
- Make progressive training decisions based on daily energy levels
- As life with a baby still brings many variables
- Remember pregnancy + postpartum recovery is temporary injury can be long term
- Progress to further fitness goals under guidance of a Certified Postpartum Coach

WHAT TO EXPECT

- Should feel more like yourself. This has a lot to do with the rehab + foundations set in early postpartum
- If tummy still appears bloated / pooch check for diastasis + dietary issues
- Any leaking or heaviness in pelvic floor discontinue higher intensity movements
- Niggling symptoms see a Women's Health Physio
- Check your energy + cortisol levels – are you tired + wired?
- Rest is still a priority
- Remember you are postpartum forever so the way you need to train needs to change – listen to your body + progress with confidence



SAFE & EFFECTIVE EXERCISES

- Functional Diastasis – if midline depth healed then can increase movement strategy
- Check for doming / coning during movements to manage intra-abdominal pressure
- If using weights, resistance go for 70% of maximum – gradual training variables
- Exhale on the effort of all movement to protect core No breath holding!
- Swimming can commence
- Return to more intense forms of exercise like jogging or lifting with a progressive strategy by a Certified Postpartum Coach

06
MONTHS

WHAT TO EXPECT

- Postpartum body begins to regulate more
- Pelvic floor still not 100% (even if had C-Section) – needs daily attention
- Diastasis Recti midline core should be firmer, may still have a gap
- Self-Check look for depth, not just gap along the midline
- Your brain might think you're ready for more intense exercise, but your body may not be ready!
- Become aware of symptoms to help guide you
- Support busy mama life with nourishing foods

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