

# 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 persist 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 TILT

- 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 thorax and chest to reconnect with core

### C-SECTION

- Ankle & wrist mobility + walking around home



## 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 – 30 mins

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

8-12 WEEKS

## WHAT TO EXPECT

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



- 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 / pouch 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

# Your Pregnancy Recovery Guide

**Hazen Publishing, Hazen Publishing  
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## **Your Pregnancy Recovery Guide:**

*Your Pregnancy Recovery Guide* Glade B. Curtis, Judith Schuler, 1999 The authors of the bestselling *Your Pregnancy Week by Week* pick up where other books leave off looking at the first 12 months after the baby is born Line illustrations **Your Pregnancy Recovery Guide** Glade B. Curtis, Judith Schuler, 1999-03-01 Picking up where most other pregnancy books leave off this guide looks at the first twelve months after your baby is born when you are left to look after your newborn and may have very little idea of what to expect Antenatal classes and a wealth of literature are available to guide women through the period leading up to birth but this book leads women through the vital recovery period Dealing with recovery from the birth itself the postpartum period and concerns what to expect if you breast feed or bottle feed nutrition and forms of exercise that promote recovery life with your new baby work concerns and resuming life with your partner this is the book that every new mother will want to read **The 360 Mama Guide to C-Section Recovery** The 360 Mama, Emma Bradley, Hannah West, 2025-07-01 From the award winning postpartum professionals The 360 Mama The 360 Mama c section recovery courses have been changing lives for new mothers Incredible course User review The 360 Mama website Essential postpartum care User review The 360 Mama website Best investment for postpartum User review The 360 Mama website Have you recently had a c section Are you struggling with recovery but want to come back stronger Looking for advice on your scar your pelvic floor health or a return to exercise The 360 Mama Guide to C Section Recovery gives everything you need to fully heal from your c section answering all your questions and offering practical expert led advice at a time when you may feel lost or unsupported Written by the hugely successful 360 Mama postnatal recovery team this expert led book leaves nothing out From how to prepare for a c section to strategies you can put in place from the earliest moments to support the healing process to guidance on wound care and scar massage there is practical guidance for every new mama You will find exercises to strengthen and rehabilitate your core improve any overhang and help you return to full physical activity Featuring real life birth stories and experiences as well as advice on coping with birth trauma and managing your mental health post birth this empowering guide will help you to reclaim the narrative and to fully enjoy motherhood *Your Pregnancy Recovery Guide* Glade B. Curtis, Judith Schuler, 1999 The authors of the bestselling *Your Pregnancy Week by Week* pick up where other books leave off looking at the first 12 months after the baby is born Line illustrations **Your Pregnancy Week by Week** Glade B. Curtis, Judith Schuler, 2000 [First Responder Trauma Recovery Guide and Workbook \(First Edition\)](#) Kevin William Grant, 2021-07-14 Stress anxiety depression trauma post traumatic stress disorder PTSD bullying and burnout have all become accepted realities for first responders in the modern workplace This workbook unpacks contemporary workplace realities educates you about trauma and helps you build your personalized recovery plan for transformation recovery and healing This recovery program has eight core purposes Validate your current situation This recovery program begins by validating your experiences and breaking through any denial you may be experiencing by

examining all the ways you could be traumatized at work Identify your realities Once you understand how you've been traumatized you'll learn about how trauma develops and how to break through the defenses that protect you from the painful experiences you're facing Understand workplace trauma Armed with a deeper understanding of what trauma is how it develops and how you react to trauma you will be able to identify the support you'll need to heal and recover Build your recovery team and develop your action plan Useful tools and techniques will help you connect with and build your team of support professionals and advocates Once you begin working with your team you'll start the recovery process by acquiring a set of skills and techniques to help you weather the storm and begin healing Grieve mourn and let go Recovery will take you on a journey of grieving mourning and letting go which will transport you to a new sense of calm and acceptance I'll break down this journey into the stages you'll travel through to get to the other side Maintain your recovery Finally I'll share helpful ways to maintain your recovery manage setbacks with compassion and track your progress so you can proactively navigate the inevitably choppy waters as you continue your healthy and productive recovery Adapt and adjust to the impacts of the COVID 19 Pandemic The COVID 19 global Pandemic has left a lasting impact on all our lives This section will review the Pandemic's mental health physical health and social implications with helpful tools and techniques to help you manage the trauma and stress the Pandemic brings In addition gems of wisdom and learnings within the research literature will help you navigate the Pandemic and Post Pandemic worlds effectively Learn interactively with workbook exercises Workbook exercises will help you digest the content reflect on your situation learn from that reflection and incrementally create a personalized recovery plan Each exercise in the workbook walks you through a process of self reflection and self discovery to help you understand and make sense of your situation First Responder Careers Expose Individuals to Higher Risks of Developing Trauma Some careers include a higher likelihood of experiencing traumatic events that can lead to the development of PTSD Serving in the military is a high risk factor for developing PTSD However combat veterans develop PTSD at different rates depending on the severity and length of exposure to traumatic experiences There are also high incidences of reported sexual harassment and sexual abuse in the military As a result the rates of PTSD are relatively high compared to the overall prevalence in the general population Not only can law enforcement officers experience direct threats and stressful conditions but they also regularly witness the devastating effects of assaults robberies kidnappings and violent events However individuals in this profession have lower than expected rates of PTSD surprisingly An estimated 20 percent overall may result from having access to counseling and rigorous pre employment screenings EMTs and paramedics are routinely exposed to life threatening incidents and have more health problems than individuals in other occupations PTSD rates in this group are as high as 20 percent PTSD prevalence in this profession is comparable to law enforcement Firefighters conduct paramedic activities and are the first responders to natural disasters Firefighting is a dangerous profession that exposes workers to stressful conditions and traumatic events ranging from threats to their safety and

experiencing the devastating effects of catastrophes As a result the prevalence of PTSD in this group can be as high as 20 percent Volunteer firefighters may have even higher rates because they don t have access to the same level of support as career firefighters Healthcare workers especially those working in emergency rooms and intensive care units are also at higher risk For example nurses working in critical care units are more likely to develop PTSD than nurses in other groups In addition while senior level nurses report fewer PTSD symptoms than junior ones they report higher rates of burnout Finally healthcare workers exposed to patients that have experienced violence such as an assault victim are more likely to develop PTSD than surgeons who treat assault victims Rescue workers medical workers and volunteers who act as first responders during disasters witness the aftermath of horrific events and can even become involved in severe traumatic events The prevalence of PTSD in these individuals has been estimated to be between 15 and 30 percent Journalists who work as war correspondents are at higher risk of being injured killed or kidnapped Their lifetime prevalence of PTSD which can be as high as 30 percent reflects their lack of access to support and PTSD treatment options Transit and train operators are frequently exposed to physical threats and witness suicide incidents such as person under train events Exposure to these traumatic and threatening circumstances can be a daily or weekly occurrence Bus drivers are more prone to PTSD because they have more direct contact with the general public than train drivers locked in secure train cabs In these high risk professions the incidence of trauma declines when policies are in place to debrief victims give victims immediate access to counseling and screen for individuals at high risk of having adverse reactions to traumatic conditions

*Your Pregnancy Week By Week 4th Edition* Glade Curtis,2000-09-06 The classic million copy bestseller now revised and updated

*Depression in Women: A Self-Help Guide to Recovery and Healing* Boreas M.L. Saage, Depression affects women at nearly twice the rate of men with unique challenges and manifestations that require specialized understanding *Depression in Women A Self Help Guide to Recovery and Healing* offers a comprehensive approach to recognizing and understanding depression specifically as it presents in women This practical guide explores the distinct physical symptoms emotional patterns and behavioral changes that characterize depression in women across different life stages from postpartum experiences to hormonal influences and menopausal transitions The book provides evidence based self help strategies for depression that women can implement immediately including structured daily routines journaling techniques and personalized activity planning Readers will discover how physical aspects like exercise therapy nutritional adjustments and sleep hygiene can significantly impact recovery from depression The guide also addresses emotional stabilization through mindfulness practices stress reduction and self care routines tailored to women s needs Relationships often suffer during depression and this book offers valuable insights into navigating partnership challenges fostering family support and rebuilding social connections essential components of overcoming depression The comprehensive overview of treatment options covers various psychotherapeutic approaches medication considerations and complementary therapies empowering women to make informed decisions about

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