

Congratulations on your new baby!

Take a look at the flowchart overleaf to see if you are ready to start increasing your physical activity levels. This can be used in conjunction with the post natal physical activity recommendations and the concerns handout. Both of these can be accessed via the QR code below, which will take you to the Moving Medicine Patient Information finder.

If you have any of the symptoms mentioned during activity, you can find advice in the 'Concerns' handout on the things you can do for yourself. We also recommend that you seek advice from a healthcare professional.

The general advice is to progress slowly, and gradually reduce the time you are sitting or sedentary.

Review your symptoms often, progress slowly to gain strength in your muscles and especially those pelvic floor muscles. It is important not to overload too quickly.

If you are at a given stage and do not experience new symptoms, progress to the next stage.

If you have new symptoms, go back a level and continue there until the symptoms resolve. Consider changing the exercises by modifying the Frequency (number of times per week) Intensity, Time doing activity and Type of activity (FITT).

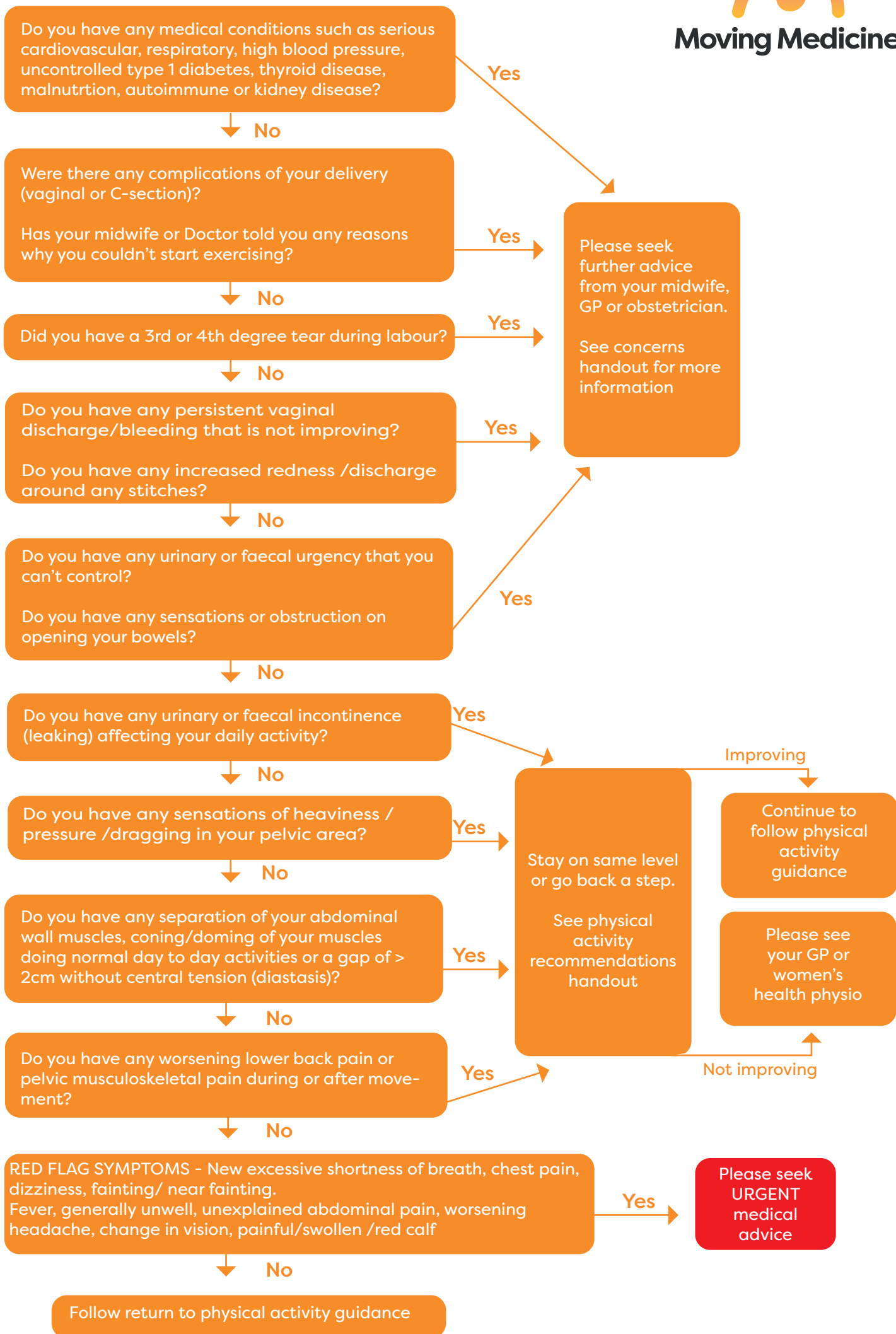
If the symptoms settle/resolve, you can progress again.

If any symptoms are worsening, or not resolving when you take a step back, please seek further advice via your midwife (first few weeks only), GP or a pelvic health physiotherapist.

Use this QR code to access the Moving Medicine
Patient Information finder



Post Natal Pre Screening for Readiness Flowchart



Do you have any medical conditions such as serious cardiovascular, respiratory, high blood pressure, uncontrolled type 1 diabetes, thyroid disease, malnutrition, autoimmune or kidney disease?

No

Yes

Were there any complications of your delivery (vaginal or C-section)?
Has your midwife or Doctor told you any reasons why you couldn't start exercising?

No

Yes

Did you have a 3rd or 4th degree tear during labour?

No

Yes

Do you have any persistent vaginal discharge/bleeding that is not improving?
Do you have any increased redness /discharge around any stitches?

No

Yes

Do you have any urinary or faecal urgency that you can't control?
Do you have any sensations or obstruction on opening your bowels?

No

Yes

Do you have any urinary or faecal incontinence (leaking) affecting your daily activity?

No

Yes

Do you have any sensations of heaviness / pressure /dragging in your pelvic area?

No

Yes

Do you have any separation of your abdominal wall muscles, coning/oming of your muscles doing normal day to day activities or a gap of > 2cm without central tension (diastasis)?

No

Yes

Do you have any worsening lower back pain or pelvic musculoskeletal pain during or after movement?

No

Yes

RED FLAG SYMPTOMS - New excessive shortness of breath, chest pain, dizziness, fainting/ near fainting. Fever, generally unwell, unexplained abdominal pain, worsening headache, change in vision, painful/swollen /red calf

No

Yes

Follow return to physical activity guidance

Please seek URGENT medical advice

Please seek further advice from your midwife, GP or obstetrician.
See concerns handout for more information

Stay on same level or go back a step.
See physical activity recommendations handout

Continue to follow physical activity guidance

Please see your GP or women's health physio

Improving

Not improving