

Postpartum Lesson 6

Practical Postpartum exercise design



What's included:

- **Practical Postpartum exercise programming**

Formatting an
exercise
program and
bringing in all
of the
“essentials”

- Create exercise template for workouts including these components:
 - Breathe work and connection
 - Cardiovascular exercise and or warm-up exercise
 - Exercise tools or equipment needed
 - Designing the "workout" by incorporating exercises in succession either 1:1 or various ratios using upper body, lower body, core centric movements
 - Flexibility and or cool down exercises

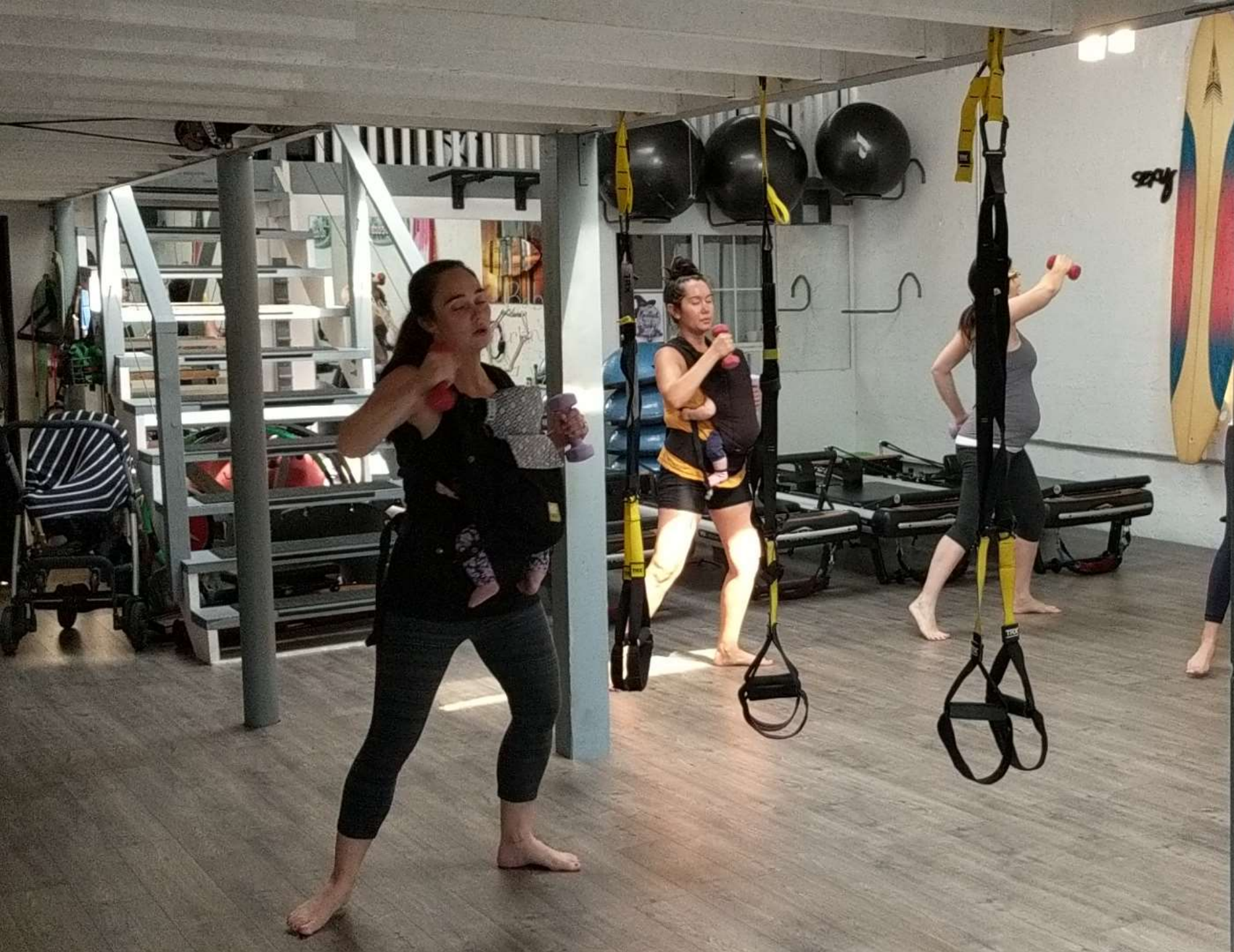
Recap on the steps of proper breath with core integration

- Teach Diaphragmatic Breathing
- Use imagery to guide client through internal contractions or “Kegels”, holding and squeezing on the “exhale” and releasing and relaxing pelvic floor muscles on the “inhale.”
- Incorporate DB with internal contractions with isometric Transverse abdominal engagement for the complete core integration.
- When steps 1-3 are mastered functional movement may begin in the most basic position and stance and progress into more difficult starting positions, multiple planes of motion added, bi-lateral and unilateral movement, and added environmental stimuli.

Progression or regression in Strengthening exercises for the postpartum client:

- Changing the stance, ex. Go from wide stance to staggered.
- Alter the foot placement.
- Alternate sides dynamically.
- Go from a static to dynamic movement.
- Change the weight, reps or sets.
- Put more exercises into a “block” ex. Instead of alternating between 2 exercises add 3.
- Create movement patterns (for progression) that include 2 or more movements as “one” exercise.
- Progress with increased demands and loads to the abdomen as postpartum stage progresses and subsequent exercises are mastered.





Warning signs to terminate exercise for the postpartum woman:

- Vaginal bleeding
- Pelvic pain
- Cesarean incision pain
- Chest pain
- Shortness of breath
- Lightheadedness