



Postpartum lesson 8
Case Studies and conclusion



What's included:

- **Examples of case studies of postpartum clients**
- **Five star coaching tips and tricks for this population**
- **Conclusion**

Postpartum Case Study #1

- Age 41 yrs.
- First pregnancy.
- Week postpartum she began exercise program 8 weeks.
- Type of delivery: C-section.
- Activity during pregnancy: moderately active, prenatal yoga and walking.
- Exercise program, PP: included strength training 2 days a week for 3 months and walking 3 days a week 2-3 miles at moderate pace 15-20 min mile.
- After 4 weeks of consistent exercise client reported fitness level advanced, energy improved.
- Prior to pregnancy HIIT classes, OFT.
- Limitations: pelvic pain, incontinence which improved after 2 weeks of exercise.
- Outcome of exercise during pregnancy on delivery and recovery: After exercising though her pregnancy and consistently after delivery with PT, client returned to pre-pregnant exercise within 5 months without issue.

Postpartum Case Study #2

- Age 33 yrs.
- Second pregnancy.
- Weeks postpartum she began exercise program at 13 weeks PP.
- Type of delivery: vaginal.
- Activity during pregnancy: strength training 2-3 days a week for the last 3 months of pregnancy.
- Exercise program, PP: included strength training 2 days a week for 3 months and walking 3 days a week 2-3 miles at moderate pace 15-20 min mile.
- After 4 weeks of consistent exercise client reported fitness level advanced, energy improved.
- Return to pre-pregnancy weight at 4 months postpartum.
- Prior to pregnancy client was inactive.
- PP symptoms: mild incontinence & insomnia.
- Outcome of exercise during pregnancy on delivery and recovery: After exercising though her pregnancy and consistently after delivery with PT, client returned to pre-pregnant exercise within 5 months without issue.

Five Star
Coaching
Techniques &
Tips
for working with
the postpartum
client

- To begin, educate, research, and understand the postpartum phase and affects on human body as well as what this population desires from a fitness program/coach.
- Form collaborations with other fitness and medical professionals as well as businesses that cater to this population.
- Create a list of resources for that client to help her navigate her postpartum journey easier & create a supportive, nurturing environment.
- Be sensitive about any anxiety and postpartum mood disorders.
- Field questions and concerns about exercise during postpartum and learn common myths about exercise during the postpartum phase.
- Know when to refer client, when questions or concerns are beyond the scope of knowledge or responsibility.

Conclusion

Our job as the medical fitness professional is to serve the client by bridging the “gap” between medicine and fitness. Our goal is to evaluate, educate and advocate for this undeserved population. Creating a trusting professional relationship and providing support makes you invaluable to this client. Also, establishing professional relationships with like minded health/wellness and fitness professionals that also serve the prenatal and postnatal population will help you grow as the professional. Your success as a medical fitness professional is partially dependent on your ability to better serve your client working as a “team” with others to improve her quality of care.

