

# The Postpartum Rebuild Program.

empelvic

PHYSIOTHERAPY

## Return to impact

### Checklist

- Walk comfortably for 30+ minutes
- Perform squats/ lunges symptom free
- Have adequate single leg balance
- Be able to perform basic core exercises with good technique
- Have coped well with lower-level impact (e.g. mini squats, small jumps)

*Note: this is different from returning to running checklist (more involved)*

### The progression

Restore pillar - *phase 1*

Rebuild pillar - *phase 2-4*

Return pillar - *phase 5*

We will work your exercise program around where you are at currently, and your goals.

Phase 1 - strength foundations	Phase 2- dynamic movement	Phase 3- low-level impact	Phase 4 - moderate impact	Phase 5- returning to sport
Squats Lunges Step ups Glute bridges Calf raises Abdominal work	Fast sit-to-stands Marching Drop squats Mini jumps Lateral steps	Pogo hops Mini jumps Line hops Skipping Mini jumping jacks	Squat jumps Borad jumps Skater hops Bounding	Running Box jumps Cross-Fit Agility drolls
Focus: breathing, core control, PF coordination	Focus: pelvic floor timing, pressure control	Focus: "Land softly"	Progressing: Height, speed, repetitions	Back to sport/ running/ jumping!

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## Symptoms to monitor for

- Heaviness
- Dragging
- Leakage
- Urgency
- Pain

## Troubleshooting

1. Note the exercise/ reps/ sets
2. Inform practitioner
3. Re-start with regression of exercise
4. Build up strength + work on pelvic floor function here
5. Return to original challenging exercise