









The First 6 Weeks After Delivery

Stroller Strides is proud to offer classes in accordance to ACOG guidelines. They are a great way to get back in shape with your baby and to meet other new moms. For more information about Stroller Strides, go to www.strollerstrides.com



GENERAL RECOMMENDATIONS

-  Begin pelvic floor rehab immediately: Kegels
-  Weeks 0-2: Focus on gentle activity, begin pelvic tilts and small abdominal crunches
-  Weeks 2-4: short walks, duration 5-15 minutes
-  Weeks 4-6: maintain routine, don't rush progression




RESUMING EXERCISE GOALS IN FIRST 6 WEEKS

-  Rest recovery, bond with baby
-  Stress management: exercise should be stress relieving not stress producing
-  Focus on weight management not weight loss
-  Adopt healthy lifestyle behaviors that can significantly impact health for decades



GENERALLY CAN RESUME EXERCISE IF UNCOMPLICATED DELIVERY

-  ACOG: "as soon as physically & medically safe"
-  Physician clearance: 6 week check-up

WITH C-SECTION DELIVERY

-  Stay fit as long as possible before C-section
-  Gentle movement after: aids circulation, healing
-  Kegels, mild abdominal exercise first few days; General recommendations:
 - Recovery process slower (e.g., driving, stairs)
 - Postpone jogging, weights, crunches until 6 weeks
 - Over-exertion may delay wound closure
 - Avoid bending into a forward flexed posture

EXERCISE AND BREASTFEEDING

-  Moderate exercise has no adverse affect on quantity or quality of breast milk
-  Research has shown that infant growth is normal in the exercising mom; General recommendations:

Moderate intensity exercise

Nurse right before exercise

If problems with infant fussiness post exercise, feed or pump beforehand





Drink adequate fluids during exercise

Wipe sweat from breast after exercise





Never sit down to feed without water

Baby should wet 5-6 diapers/day







POSTURE AWARENESS

-  Should not bend forward when feeding-Bring baby to you, not you to baby
-  Use pillows or props to keep postural alignment
-  Be cautious not to flex wrist while holding baby or nursing
-  Keep moving, prolonged sitting is hard on spine

POST-PARTUM WEIGHT AND NUTRITION

-  How the weight is lost after delivery:
 - 10-13 lbs. lost at delivery
 - 11-12 lbs. during first week
 - 2-3 lbs. lost from 3-6 months
-  Body composition has changed and weight is not a reliable indicator of fitness
-  Healthy food intake combined with exercise is preferable
-  Changes in skeletal structure can often affect clothing sizes

BENEFITS OF POST-PARTUM EXERCISE

-  Quicker return to normal routine and activities of daily life
-  Improved self-esteem, self-efficacy
-  Less post-partum depression
-  Better time management, coping skills
-  Fewer chronic aches, pains, SUI (Stress urinary incontinence)
-  Increased energy