

POSTPARTUM RECOVERY TIMELINE

@bodyfabulousfitness

DAY
1-10



- Blood pressure, heart rate, temperature, and should breathing return to normal
- Baby Blues – if persist longer than 2 weeks seek support for Postpartum Depression
- Muscle aches and some pain in pelvis, chest, tailbone, back, and legs

C-SECTION

- Pain medication
- Help and support needed for moving
- Ensure scar care plan is provided by Dr / Midwife



BEFORE 4 WEEKS SAFE MOVEMENT

- Gentle Pelvic Floor Activation – no clenching
- Gentle walking around home
- Ankle and Wrist mobility – improve circulation, avoid thrombosis
- Postural alignment – neutral pelvis when sitting or standing + restack shoulders over ribs



PELVIC TILT

- Avoid clenching, tucking or sucking. Just gentle lift of pubic bone to belly button as exhale. Then untuck pelvis on inhale and fully release belly

DIAPHRAGMATIC BREATHING

- Lying on back find length in the breath, gently drawing post throat and chest to reconnect with core

C-SECTION

- Ankle & wrist mobility + walking around home

4-8
WEEKS



WHAT TO EXPECT

- Discomfort around c-section site
- Bleeding should be easing off
- Follow up appointment with Dr / Midwife
- See a Women's Health Physio for Pelvic Floor / Diastasis Recti Check

SELF CARE

- Remember the 4th Trimester – recover, rest, rehab
- No strenuous exercise
- Focus on rest, sleep + bonding with baby
- Collagen boosting foods for healing + repair

C-SECTION

- Ensure scar care is maintained + monitored

DAY
10-21

WHAT TO EXPECT

- Lighter bleeding
- Healing around c-section and episiotomy sites
- Still look pregnant

2-4
MONTHS



SAFE & EFFECTIVE EXERCISES

- Continue with gentle, low impact movement
- Stand tall and walk in proper alignment to reduce intra-abdominal pressure
- Deep Core and Pelvic Floor focused movements – no clenching
- Light resistance exercises – bodyweight, light dumbbells or pilates bands combined with deep breathing
- Squats, lunges, crunches + planks
- Wear flat or barefoot shoes



IMPORTANT

- See Women's Health Physio for full pelvic floor assessment + Diastasis recti check.
- C-Section does not make you immune to Diastasis + Pelvic Floor concerns
- If chronically tired and overwhelmed, see Doctor regarding postnatal depletion and depression

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