



POSTHAB ACTION PLAN

Posthab – an exercise program guided by a licensed athletic trainer that is tailored to your postnatal body and the new demands of caring for a baby.

Care after giving birth: sessions can start as soon as 2-3 weeks after giving birth, depending on how active a woman was during her pregnancy. Most often, postnatal women will return to exercise 6 weeks after giving birth. Sessions will include specific upper body, lower body and core exercises tailored to how many weeks postnatal the participant is. Sessions will begin with a hyper focus on core activation and how it relates to caring for newborn and activities of daily living. As the “posthab” program progresses cardiovascular and fitness goals will be addressed and an action plan will be created in order to meet set goals.

What will each session include?

- 5-10 minute cardiovascular warm up on stationary bike, treadmill or elliptical
- 20 minutes of strengthening exercises to target upper extremities (arms, shoulders, neck and back) lower extremities (legs, hips, pelvis) and core
- 15 minutes of flexibility and soft tissue mobilization directed by licensed athletic trainer

Each session will last 45 minutes and patients are encouraged to wear comfortable clothes to move in, appropriate footwear and bring water with them.

In Office Care

Along with instructing on specific upper body, lower body and core strengthening exercises, the licensed athletic trainer will guide participant through various flexibility and/or soft tissue techniques.

- Proprioceptive neuromuscular facilitation (PNF): a stretching technique used to enhance active and passive range of motion within the body. The licensed athletic trainer will guide will guide the participant through a series of stretches that will require specific contracting and relaxing of muscles.
- Passive stretching: performed solely by the licensed athletic trainer to increase active and passive range of motion throughout the body.
- Graston Technique: an instrument-assisted soft tissue mobilization performed by the licensed athletic trainer to address scar tissue and fascial restrictions within the body.

Home Care

Each patient will be expected to complete their home exercise program (HEP) daily as instructed by athletic trainer. Each patient's HEP will include:

- strengthening exercises specific to each individual with number of repetitions and sets
- stretches to increase global flexibility
- cardiovascular program tailored to a patient's individual fitness level
- ergonomic modifications for caring for newborn and family, sleeping, working and driving
- instructions on how to manage sore muscles and side effects of post pregnancy.