

## **Congratulations on your new baby!**

Take a look at the flowchart overleaf to see if you are ready to start increasing your physical activity levels. This can be used in conjunction with the post natal physical activity recommendations and the concerns handout. Both of these can be accessed via the QR code below, which will take you to the Moving Medicine Patient Information finder.

If you have any of the symptoms mentioned during activity, you can find advice in the 'Concerns' handout on the things you can do for yourself. We also recommend that you seek advice from a healthcare professional.

The general advice is to progress slowly, and gradually reduce the time you are sitting or sedentary.

Review your symptoms often, progress slowly to gain strength in your muscles and especially those pelvic floor muscles. It is important not to overload too quickly.

If you are at a given stage and do not experience new symptoms, progress to the next stage.

If you have new symptoms, go back a level and continue there until the symptoms resolve. Consider changing the exercises by modifying the Frequency (number of times per week) Intensity, Time doing activity and Type of activity (FITT).

If the symptoms settle/resolve, you can progress again.

If any symptoms are worsening, or not resolving when you take a step back, please seek further advice via your midwife (first few weeks only), GP or a pelvic health physiotherapist.

Use this QR code to access the Moving Medicine  
Patient Information finder



# Post Natal Pre Screening for Readiness Flowchart

