

EXERCISE PLAN

For Doctor or Midwife's Approval

Dear Doctor or Midwife,

I would like to start exercising after giving birth, if possible within the first 6 weeks. A physical therapist designed these exercise progressions (attached) to get me moving again in a safe and progressive way with your permission.

Attached you will find:

- A mini-circuit for the first 6 weeks after **vaginal** delivery following bed rest or delivering multiples (or both) to be performed 1 to 3 times per day
- A regular circuit (Levels 1-3) for weeks 6-12, to be performed 4-6 times weekly
- A walking progression

Please circle **yes** or **no** on the applicable sheets to indicate which exercises are OK for me to do. There is also a place for you to **add comments** on each page. I will only progress to the regular circuit (Levels 1-3) once you clear me to start exercising without restrictions.

Sincerely,

New Mommy

Questions?

Please visit:

www.healthyquickfit.com

Christine Iverson, PT, DPT, OCS


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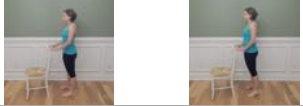
Bed Rest Mini- Workout



First Weeks, then progress to Level 1 Circuit



1-3 times daily | Body weight only (no weights)



OK?	
YES	Basic Core Drill: (Diaphragm, pelvic floor, transversus abdominis) 10 reps
NO	



*Before starting calf raises, march in place and take some deep breaths. If you feel dizzy or lightheaded, sit back down and try again slowly after a few more deep breaths.



OK?	
YES	Mini Calf Raise: 20 reps
NO	

YES	Flys: 20 reps		
NO			

YES	Counter Squat: 20 reps		
NO			

YES	Scaption: 20 reps		
NO			




YES	Tush Sways: 20 per side		
NO			

YES	Quad Kicks: 20 per side		
NO			

YES	Mini Glute Pump: 10 per side		
NO			

Light Stretching

15 seconds each stretch, each side.

OK?	Calf Stretch	OK?	Thigh and Hip Stretch	OK?	Hamstring Stretch
YES		YES		YES	
NO		NO		NO	

Complications that may impact exercise for me:

- Pre-eclampsia
- High blood pressure
- Gestational diabetes
- Severe perineal laceration
- Other: _____





Additional exercise instructions/ restrictions:

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LEVEL 1 CIRCUITS: Weeks 1-2

Alternating between Circuit A and Circuit B | Circuit training 4-6 times per week






Core Drill Exercises (Activate diaphragm, pelvic floor, and transversus abdominis)

OK?		Exercise (2 rounds per workout)	Start Position	End Position
Yes	No	Core Drill Exercise- Basic Core Drill: 5 reps		
Yes	No	Core Drill Exercise- Slow March: 5 per side		

Circuit Exercises (Alternate A and B)

Circuit A				Circuit B					
OK?	Exercise (3 rounds)	Start Position	End Position	OK?	Exercise (3 rounds)	Start Position	End Position		
Yes	No	Panini Press: 20 per side			Yes	No	All 4s Beginner Glute Lifts: 15 reps		
Yes	No	Clamshells: 20 per side			Yes	No	Flys: 20 reps		
Yes	No	Counter Squats: 20 reps			Yes	No	Scaption: 20 reps		

Stretches

Stretches														
OK?	Calf Stretch	OK?	Thigh/Hip Stretch	OK?	Hamstring Stretch	OK?	Chin Tuck	OK?	Cat Stretch					
Yes	No		Yes	No		Yes	No		Yes	No		Yes	No	

Complications that may impact exercise for me:

- Pre-eclampsia
- High blood pressure
- Gestational diabetes
- Severe perineal laceration
- Other: _____





Additional exercise instructions/ restrictions:

Healthy and Quick & Everything Fit









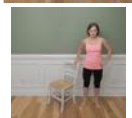
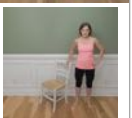


LEVEL 2 CIRCUITS Weeks 3-4

Alternating between Circuit A and Circuit B | Circuit training 4-6 times per week

Core Drill Exercises (Activate diaphragm, pelvic floor, and transversus abdominis)






OK?	Exercise (2 rounds per workout)	Start Position	End Position
Yes No	Core Drill Exercise- Supine March: 5 per side		
Yes No	Core Drill Exercise- Supine Arm Pull: 5 reps		

Circuit Exercises (Alternate A and B)

Circuit A				Circuit B			
OK?	Exercise (3 rounds per workout)	Start Position	End Position	OK?	Exercise (3 rounds per workout)	Start Position	End Position
Yes No	Prone Lat Lift: 15 per side*			Yes No	Panini Press: 25 per side		
Yes No	Prone Row: 15 reps*			Yes No	Clamshells: 25 per side		
Yes No	Calf Raises: 25 Slow, 10 pulse			Yes No	All 4s Glute Lift + Ham Curl 15/10		

*Note: if it is still uncomfortable to lie on your belly, you may need to start on a softer surface, like a bed, at first.

Stretches

Stretches									
OK?	Calf Stretch	OK?	Thigh and Hip Stretch	OK?	Hamstring Stretch	OK?	Chin Tuck	OK?	Cat Stretch
Yes No		Yes No		Yes No		Yes No		Yes No	





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LEVEL 3 CIRCUITS

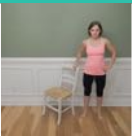
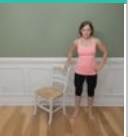


















Weeks 5-6

Alternating between Circuit A and Circuit B | Circuit training 4-6 times per week

Core Drill Exercises (Activate diaphragm, pelvic floor, and transversus abdominis)





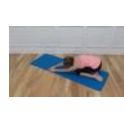
OK?		Exercise (2 rounds per workout)	Start Position	End Position
Yes	No	Core Drill Exercise- Toe Tap: 10 per side		
Yes	No	Core Drill Exercise-Arm Pull: 10 reps		

Circuit Exercises (Alternate A and B, 3 rounds per workout)

Circuit A				Circuit B					
OK?	Exercise	Start Position	End Position	OK?	Exercise	Start Position	End Position		
Yes	No	Calf Raises: 25 slow, 10 pulse			Yes	No	Shoulder Blade Punch: 30 reps		
Yes	No	Straight Leg Lifts: 15 per side			Yes	No	Straight Leg Crunch: 20 reps*		
Yes	No	Diagonal Back Lifts: 15 per side			Yes	No	Front and Side Plank on Knees: 20 sec each*		
Yes	No	All 4s Glute Lift and Pulse + Ham Curl: 15/10/10			Yes	No	Weighted Lat Lift: 15 per side		
Yes	No	Hip Rotation in Sidelying: 15 each way, each side			Yes	No	Ws: 15 reps		

*Crunches are okay only if there is no abdominal muscle separation > 2 finger widths (diastasis recti)

Stretches

Stretches														
OK?	Calf Stretch	OK?	Thigh and Hip Stretch	OK?	Hamstring Stretch	OK?	Chin Tuck	OK?	Cat Stretch					
Yes	No		Yes	No		Yes	No		Yes	No		Yes	No	

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Walking Progression

Gradually add speed + distance (about 10% per week) | "Brisk" = goal of 15 minutes per mile

Stage	Walk	Pace
1	5-10 minutes	Slow, postpartum waddle
2	12 minutes	Comfortable slow pace
3	15 minutes	Comfortable pace
4	20 minutes	Comfortable pace
5	20 minutes	Brisk pace
6	22 minutes	Brisk pace
7	25 minutes	Brisk pace
8	28 minutes	Brisk pace
9	31 minutes	Brisk pace
10	35 minutes	Brisk pace

Complications that may impact exercise for me:

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- Other: _____

Additional exercise instructions/ restrictions: