

Restore

8 week postnatal program



Designed for you by your
Women's Health Physio



Introduction

Welcome to **Restore Postnatal Program**.

An 8-week, low-impact, high-intensity program designed to help women who are at least **6 weeks postpartum** return **safely back to exercise** after childbirth.

Designed by Women's Health Physiotherapists



Who is it for?

The program has been designed by **Women's Health Physiotherapists** to be performed at home 2-3 times per week from **6 weeks postpartum** and beyond.

The program is made up of exercises that require no equipment (other than a chair and something to be used as hand weights).

Who is it for?

- ✓ Women who are at least **6-weeks postpartum**
- ✓ Have had 6-week check up with obstetrician or GP
- ✓ Clearance to return to exercise with **NO** medical contraindications

Where to start your journey

We advise that everyone starts on the exercises for Week One regardless of whether this seems too easy, as you need to master these exercises for a full week and be completely **symptom-free** before progressing to the next level.

Restore

The program

The program is a generalised **whole body** workout, and targets the **core** and **pelvic floor** muscle groups.

The program is split into two parts:

1. Weeks 1-4
2. Weeks 4-8

The exercises get more challenging each week but there is always the option to stay on the same level of any exercise for longer than one week if the progression is too difficult or you are experiencing any pelvic floor symptoms.

Restore The program

You will exercise along with us on your phone/laptop as you complete the workout which goes for a total of approximately **40 minutes**

Each **workout** consists of:

- **Pelvic floor** exercises
- Warm up **mobility series**
- **8 exercises** performed over 4 rounds



Restore The program

45 seconds exercise
15 seconds rest

You will be able to see on the screen the exercise being completed so you can copy the screen, you will also be able to see the timer and there will be a notification of when to finish.

If you experience symptoms

We know that **prolapse, incontinence, abdominal separation** and **pelvic pain** are all unfortunately common issues after birth and therefore each station has a regression if the exercise is too difficult or if you are symptomatic.

If you experience symptoms

Symptoms to look out for with any exercise:

A **heaviness** or **dragging** feeling in vagina, lower abdomen or back

The feeling you are going to **leak** urine or actually leaking urine

A **bulge** in the abdomen with the exercise

Pelvic or back **pain**

If you experience symptoms

1. **Regress** back to the previous week's exercise
2. **Contact us** so we can discuss your symptoms and give you guidance on how to progress

Checklist to progress



Able to complete **all** exercises comfortably



Able to complete full round of 45 seconds with proper form



No symptoms throughout exercise

Education Resources

We encourage you to watch the **education** videos and read the accompanying ebooks provided.

- The pelvic floor
- Diaphragm breathing
- Stress urinary incontinence
- Prolapse
- How to check for abdominal separation



Helping you on your postnatal journey

We understand that every woman's **postnatal journey** will be **unique**.

Your safety throughout this journey is our priority, so as part of this program, you have **full access** to our **Women's Health Physiotherapists** throughout the program.

Simply email, message or organise your video consultation with us if you have any concerns throughout.

Charlotte & Heidi



Disclaimer

This program is designed to be provided in conjunction with your assessment by your Women's Health Physiotherapist. Prior to undertaking this program, we have taken all reasonable steps to ensure this program can be undertaken in a safe manner. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Flow Physio Co Pty Ltd from any and all claims or causes of action, known or unknown, arising out of undertaking this program.

