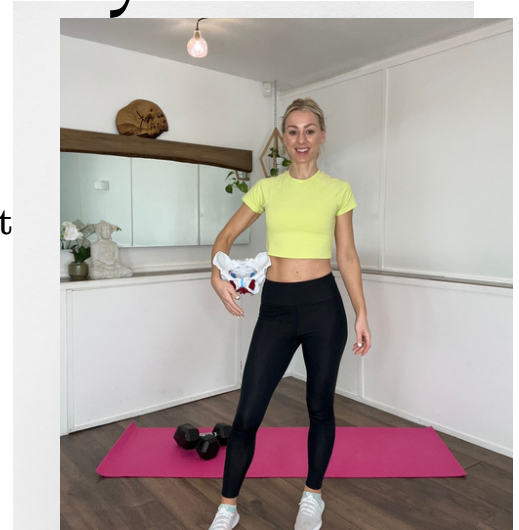


Sarah Thorne's Top Tips For A Successful Postpartum Recovery and Return To Play.

Pelvic Health Physiotherapist & Exercise Specialist
MSC BSC POGP MCSP CPT

1. Prioritize your recovery with a postnatal check-up anytime from 6 weeks. Identify and address pelvic health issues early on. It is never too late to get a check up.
2. Approach your return to sport like any other athlete returning from an injury with a structured plan.
3. Your postpartum rehabilitation plan should include pelvic floor rehabilitation as well as a gradual increase of activity, load and impact that is general and sport specific.
4. Get the right sports bra. It is essential for your overall health and performance.
5. Give yourself time. Your recovery is a marathon not a sprint.



“REMEMBER, POSTPARTUM RECOVERY TAKES TIME— TYPICALLY AT LEAST A YEAR OR LONGER. PLANNING IS CRUCIAL FOR A SUCCESSFUL RETURN TO EXERCISE AND SPORT. TREAT YOUR POSTPARTUM RECOVERY LIKE ANY OTHER INJURY”.

Want further support? PelviFit is my new postnatal recovery app for mums, providing targeted exercises and expert advice to address pelvic health issues like incontinence and prolapse. PelviFit empowers mothers to confidently navigate their postnatal fitness journey and overcome pelvic dysfunction challenges.


Try free for 1 month with the QR code below. RRP £14.99 monthly cancel anytime.


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