

RETURN TO WORK FOCUS AREAS

Pregnancy is a time for anatomical and physiological change.

Many of these changes remain in postpartum and may impact the musculoskeletal system causing pain and injury.

The infographic below can help to understand why we need to focus on strengthening certain areas of our body to prevent injury prior to returning to work.

Lumbar Lordosis:

An increased arch of the lower back occurs to compensate for changes in center of gravity during pregnancy. It is important to strengthen core muscles and stretch hip flexors to maintain a neutral pelvis

Back:

New mums are lifting and bending more often. Strengthening core and leg muscles can assist in preventing overuse injuries when lifting.

Pelvic floor:

Your pelvic floor muscles and ligaments stretch to allow for childbirth. It is important to strengthen these muscles postpartum to prevent urinary incontinence, back injuries and prolapse.



Chest and posture:

Breastfeeding and regular lifting can lead to poor posture in new mums. Strengthening back muscles can improve posture, reduce neck and shoulder injuries and better support breasts.

Core:

Your core muscles stretch and part during pregnancy. Strengthening your core muscles can assist in preventing lower back injuries and further support a neutral spine

Feet:

There are two main reasons your feet may change size in pregnancy:
1) hormones and
2) weight gain.
It is important to make sure your work boots/shoes still fit comfortably and you strengthen calves and ankles to support your arches.

Post Partum women are highly encouraged to have a pelvic floor assessment with a physiotherapist or gain clearance from a medical professional prior to returning to exercise or work.

For more information contact:

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