



Step-by-step guide to returning on-road safely

Returning on-road post pregnancy can be daunting. It can be difficult to know when your body is 'strong' enough to return safely. Follow this step-by-step guide to ensure you are getting the correct clearance and advice to return on-road.

01

GAIN CLEARANCE FROM YOUR MEDICAL PRACTITIONER

Gain clearance from your GP or treating practitioner at the 6-week mark prior to beginning low impact exercise

02

SLOWLY START STRENGTH & FITNESS EXERCISES

Start gentle with low-impact activity including walking, gentle gym program & pelvic floor exercises. Follow the [Exercise Guideline here](#)

03

GAIN PHYSIOTHERAPIST CLEARANCE

Consider visiting a Women's health Physiotherapist at the 3-month mark for abdominal and pelvic floor muscle testing prior to high-impact lifting and activity.

04

CONTACT IPS TEAM FOR INDIVIDUALISED PROGRAMS

For an individualised exercise program to help you get back to your pre-pregnancy role, contact the Injury Prevention Team
AMBULANCE-InjuryPrevention@health.nsw.gov.au

05

COMPLETE THE PARAMEDIC HEALTH STANDARD TEST

This is optional however, encouraged! Take the 'Paramedic Health Standard MSK test' (link in Teams files) to your GP to test your physical fitness prior to returning to your on-road role.

06

RETURN ON-ROAD!

Complete your RTCP and Start slow! Know your boundaries and keep in regular contact with your manager to communicate how you are coping.

For more information contact or to book in with an Injury Prevention Specialist:
AMBULANCE-InjuryPrevention@health.nsw.gov.au

