Post Natal Pre Screening for Readiness Flowchart

Moving Medicine

Do you have any medical conditions such as serious cardiovascular, respiratory, high blood pressure, uncontrolled type 1 diabetes, thyroid disease, malnutrtion, autoimmune or kidney disease?

Yes → Please seek further advice from your midwife, GP or obstetrician. See concerns handout for more information

No ↓

Were there any complications of your delivery (vaginal or C-section)?

Has your midwife or Doctor told you any reasons why you couldn't start exercising?

Yes → Please seek further advice from your midwife, GP or obstetrician. See concerns handout for more information

No ↓

Did you have a 3rd or 4th degree tear during labour?

Yes → Please seek further advice from your midwife, GP or obstetrician. See concerns handout for more information

No ↓

Do you have any persistent vaginal discharge/bleeding that is not improving?

Do you have any increased redness /discharge around any stitches?

Yes → Please seek further advice from your midwife, GP or obstetrician. See concerns handout for more information

No ↓

Do you have any urinary or faecal urgency that you can't control?

Do you have any sensations or obstruction on opening your bowels?

Yes → Please seek further advice from your midwife, GP or obstetrician. See concerns handout for more information

No ↓

Do you have any urinary or faecal incontinence (leaking) affecting your daily activity?

Yes → Stay on same level or go back a step. See physical activity recommendations handout

No ↓

Do you have any sensations of heaviness / pressure /dragging in your pelvic area?

Yes → Stay on same level or go back a step. See physical activity recommendations handout

No ↓

Do you have any separation of your abdominal wall muscles, coning/doming of your muscles doing normal day to day activities or a gap of > 2cm without central tension (diastasis)?

Yes → Stay on same level or go back a step. See physical activity recommendations handout

No ↓

Do you have any worsening lower back pain or pelvic musculoskeletal pain during or after movement?

Yes → Stay on same level or go back a step. See physical activity recommendations handout

No ↓

Stay on same level or go back a step. See physical activity recommendations handout

Improving → Continue to follow physical activity guidance

Not improving → Please see your GP or women's health physio

RED FLAG SYMPTOMS - New excessive shortness of breath, chest pain, dizziness, fainting/ near fainting.
Fever, generally unwell, unexplained abdominal pain, worsening headache, change in vision, painful/swollen /red calf

Yes → Please seek URGENT medical advice

No ↓

Follow return to physical activity guidance