



The One-Page Postpartum Core Plan

Rebuild your core from the inside out this week: breathe, connect, check your gap, and progress at a safe pace.

Weeks 0 to 6: Breathe and Connect

- 1 Lie on your back, knees bent. Inhale into your ribs and belly for 4 counts, exhale slowly for 6 counts.
- 2 On the exhale, gently lift the pelvic floor and draw the lower belly in. 10 breaths, 2 to 3 times a day.
- 3 Roll to your side to sit up. No sit-ups, crunches or planks until your 6-week check and a gap check.
- 4 Walk 5 to 10 minutes on flat ground. Add 5 minutes a week if bleeding and pain stay quiet.
- 5 Eat regular meals and drink water through the day. Your core heals on fuel, not on a deficit.
- 6 Stand tall: ribs stacked over hips, weight even on both feet. Check it each time you lift the baby.

Week 6 Onward: Check and Progress

- ☐ Gap check: knees bent, lift head slightly, feel above and below the navel. Note fingers and depth.
- ☐ Heel slides: exhale, lift the pelvic floor, slide one heel out and back. 8 each side, 2 sets.
- ☐ Glute bridge: exhale as you lift, inhale as you lower. 8 to 10 reps, 2 sets.
- ☐ Bird dog from hands and knees: reach opposite arm and leg, hold 5 breaths, 5 each side.
- ☐ Add one new move every 1 to 2 weeks only if the belly stays flat along the midline, not doming.
- ☐ Walk 20 to 30 minutes, 4 to 5 days a week, for at least a month before any running or jumping.
- ☐ Expect months, not weeks. Progress looks like more control, less heaviness, easier daily tasks.

Pause and Scale Back If

- Your belly domes or bulges along the midline during a move.
- You leak urine when you cough, sneeze, lift or exercise.
- You feel heaviness or dragging in the pelvis, like a tampon slipping out.
- Bleeding gets heavier or turns bright red again after activity.
- Back or pelvic pain lasts more than a day after a session.

Weekly Core Check-In

Date	Breath sets	Minutes walked	Gap (fingers)	Symptoms

When to get help: See a pelvic floor physical therapist if a gap of 2 fingers or more persists past 12 weeks, or sooner for leaking, pain or pelvic heaviness.