



PÉCSI TUDOMÁNYEGYETEM
ÁLTALÁNOS ORVOSTUDOMÁNYI KAR

Benefits of physical activity in the postnatal period

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24/09/2026 Pécs



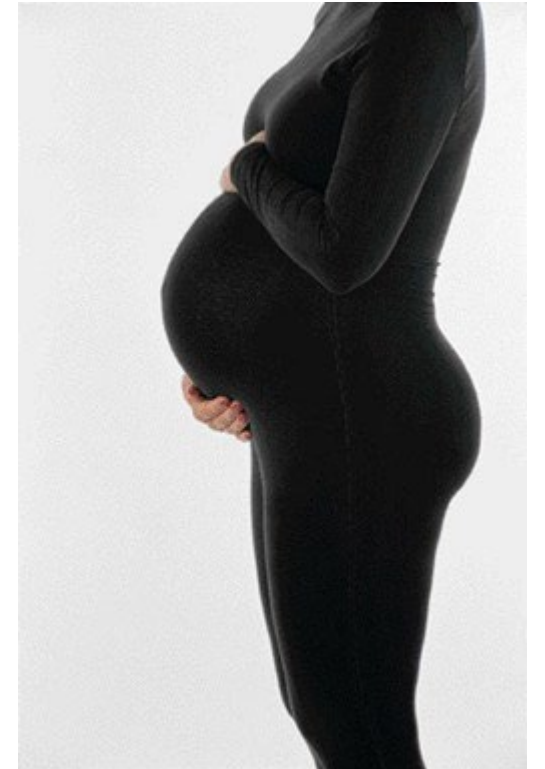
Physiological changes during pregnancy

- Increased body weight
- Altered body proportions
- Shifted center of gravity and balance changes
- Increased load on the joints
- Increased strain on the pelvic floor muscles



Postpartum physical changes

- Pregnancy -related hormonal changes may persist for 4-6 weeks postpartum
- Loss of muscle mass / Decreased muscle mass
- Pelvic floor strain following vaginal delivery or recovery after cesarean section
- Breastfeeding
- Sleep deprivation



Postpartum exercise and sports

- After the postpartum period (approximately 6 weeks)
- Gradual return to normal pre-pregnancy activity levels
- Individualized assessment and progression
- Mother -and -baby exercise classes
- Functional rehabilitation addressing the complex changes associated with pregnancy

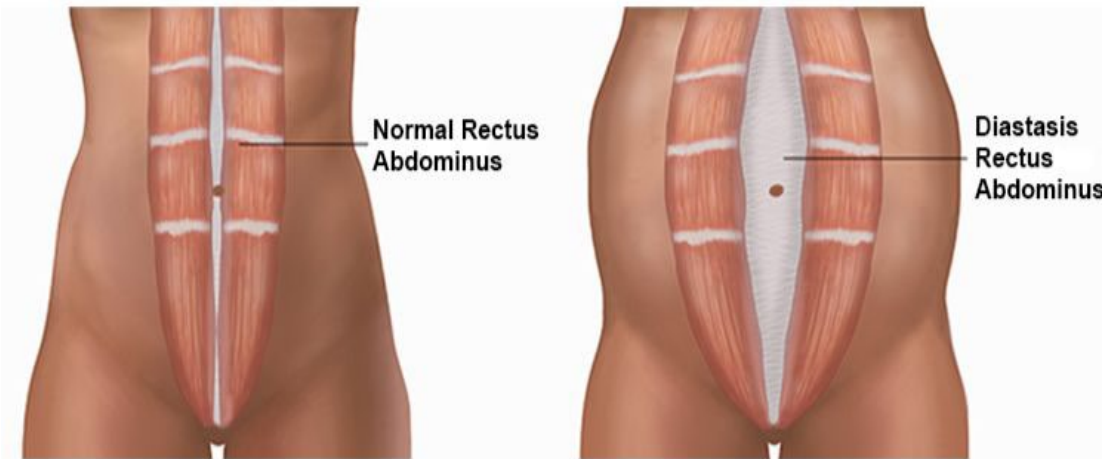


Pregnancy - related pathological changes

- Incontinence
 - Part of prenatal education / childbirth preparation
 - According to computer -simulated vaginal birth models based on MRI data ,the pubococcygeal portion of the levator ani muscle is stretched to 3.26 times its normal length ,representing more than a 217%increase compared to non -pregnant individuals .
 - Perineal trauma during childbirth (spontaneous perineal tear or episiotomy)
 - Pelvic floor muscle training programs (e.g.,the Kriston Method)
 - Vaginal weights / pelvic floor training weights
 - Electrotherapy

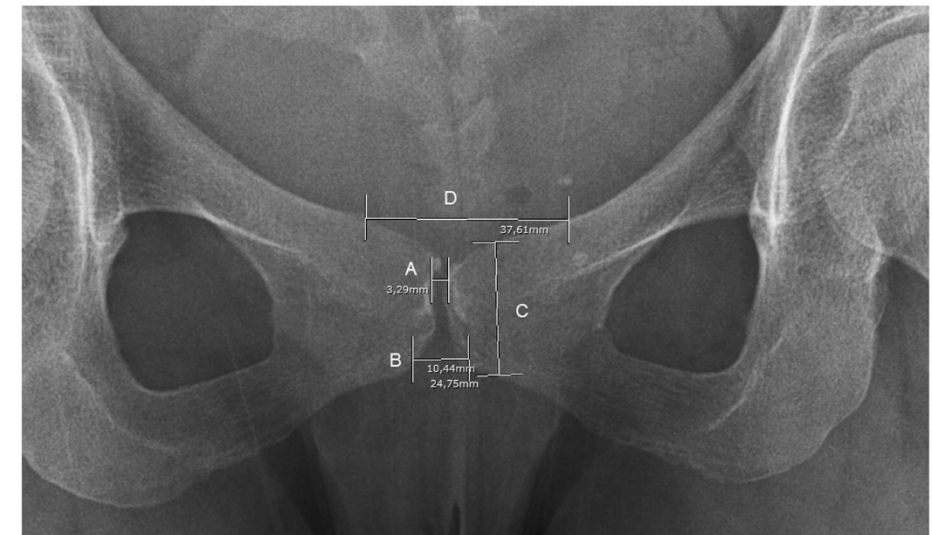
Pregnancy - Related Pathological Changes

- Rectus diastasis (during pregnancy or postpartum)
 - Prevalence : 35-60%;reported prevalence in Hungary: 46.5%
 - Risk factors :age ,height , body mass index (BMI), abdominal circumference ,hormonal changes ,gestational weight gain ,gestational age at delivery ,mode of delivery ,birth weight , and multiple pregnancy
 - Assessment :physical examination and ultrasound imaging
 - Loss of function and associated symptoms
 - Avoid :isotonic concentric abdominal muscle exercises
 - Patient education



Pregnancy - Related Pathological Changes

- Symphysis pubis dysfunction (SPD) during pregnancy or childbirth
 - Primary symptom :sharp ,stabbing pain ,especially during weight -bearing activities
 - Swelling
 - Crepitus during walking
 - Diagnosis :based on clinical symptoms and radiographic imaging
 - Diagnostic threshold for diastasis : >10 mm
 - Treatment :surgical (for severe separation /instability) or conservative
 - Conservative management:
 - Lifestyle advice and activity modification
 - Use of assistive devices (e.g.,pelvic support belt)
 - Pain management
 - Strengthening and stabilization exercises
 - Postural correction and education
 - Manual therapy





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Thank you for your attention !