

POSTPARTUM RECOVERY IS MORE THAN SYMPTOM RESOLUTION

*It is also learning
to understand and trust a
changed body*



Activity limitations and bodily changes after childbirth

**A mixed-methods study across the
first postpartum year**

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Larsson M^{2,5}

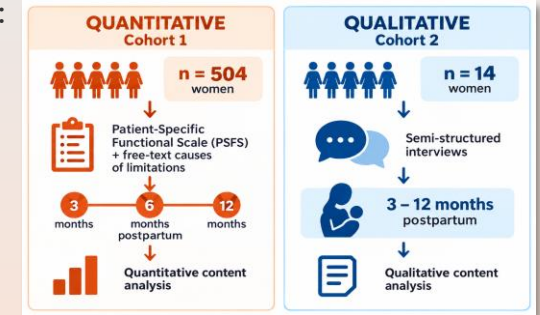
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Background: Postpartum recovery is highly variable, yet follow-up is limited. Women report uncertainty about bodily changes and return to physical activity, but how these experiences translate into activity limitations across the first postpartum year remains poorly understood.

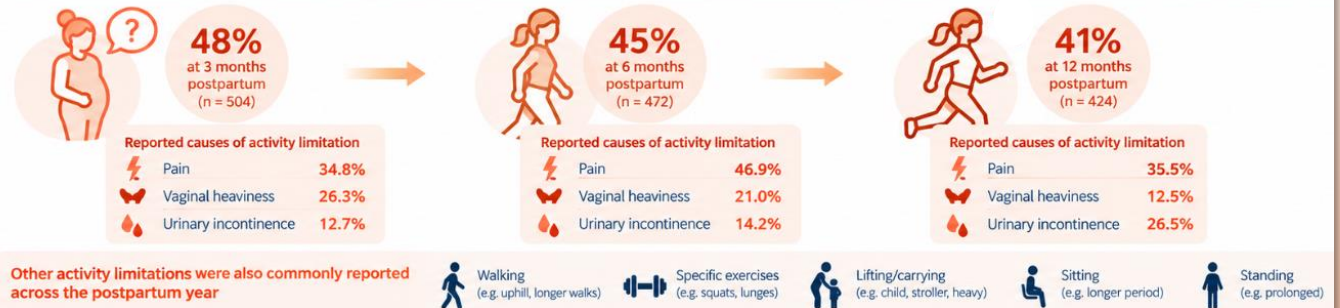
The aim was to describe experienced activity limitations during the first year postpartum and to explore and describe women's experiences of physical changes and recovery after childbirth.

Methods: Mixed-methods study combining two cohorts:



Cohort 1
n=504

High-impact activities were the most commonly reported activity limitation (e.g. running, jumping, ball sports)



Cohort 2
n=14

Surprised by the transition to a new body

Women described the following categories:



Clinical take away:

Reassure
Help interpret unfamiliar sensations

Guide
Support graded return to physical activity

Treat
Address persistent pain and urinary incontinence

Read the full study here

