Table A: Absolute and relative contraindications to exercise

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| **Absolute contraindications:**  ●Vaginal bleeding not associated with menses (increase in bleeding in first 8 weeks postpartum; persistence or new onset beyond 8 weeks postpartum)[24](https://paperpile.com/c/ajoqCy/zv2xD)  ●Abdominal pain  ●Hemodynamically unstable (ischemic symptoms combined with systolic BP decrease >10 mm Hg with exercise)[28](https://paperpile.com/c/ajoqCy/DKjq6)  ●Pregnancy related or postpartum related conditions in which no vigorous exercise has been advised (such as postpartum cardiomyopathy)[27](https://paperpile.com/c/ajoqCy/1COt6)  ●People with cesarean birth should be cleared by their obstetric provider prior to resuming running[27](https://paperpile.com/c/ajoqCy/1COt6)  ●Breathing difficulties[28](https://paperpile.com/c/ajoqCy/DKjq6)  ●Chest pain[28](https://paperpile.com/c/ajoqCy/DKjq6)  ●Dizziness[28](https://paperpile.com/c/ajoqCy/DKjq6)  ●Neurological symptoms, such as fainting, ataxia, or muscle weakness influencing balance[28](https://paperpile.com/c/ajoqCy/DKjq6)  ●Calf pain or swelling |
| **Relative contraindications**  ● Unassessed urinary or fecal incontinence postpartum  ● RRI prior to delivery[29](https://paperpile.com/c/ajoqCy/waBit)  ● Significant increase in BP (>250/115) or decrease in systolic BP >10 mm Hg without ischemic symptoms[28](https://paperpile.com/c/ajoqCy/DKjq6) |

BP: blood pressure; mm HG: millimeters of mercury; RRI: running related injury