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