Table B: Exercise parameters (frequency, intensity, rest, and type) for each phase of the postpartum return to running framework

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Phase** | **Frequency** | **Intensity** | | | **Type** |
| STRENGTH[28](https://paperpile.com/c/ajoqCy/DKjq6) | ENDURANCE[28](https://paperpile.com/c/ajoqCy/DKjq6) | REST[28](https://paperpile.com/c/ajoqCy/DKjq6) |
| **Phase I** | Days per week:  ●Isometric 3-7  ●Isotonic or plyometric 2-3 Days | ●Low reps (goal 8-15)  ●High load  ●Borg RPE of 13-16 for most individuals; RPE 7-12 for very weak or deconditioned individuals) | ●High reps (goal 15-25)  ●Low load  ●Borg RPE 11-14 (fairly light- somewhat hard/hard) | ●Isometric: Rest between reps is double the work time  ●Isotonic/plyometric: Minimum of 2 minutes rest between sets  ●May need to increase (5+ minutes) for very weak, more fatigable individuals[90,91](https://paperpile.com/c/ajoqCy/jPvEP+7h7RG) | Example principles:[28](https://paperpile.com/c/ajoqCy/DKjq6)  ● Isometric exercises  ● Isotonic exercises (through pain free and controlled ROM)  ●Bilateral closed chain or unilateral open chain  ● Stable surface  ●Gravity eliminated  ●Breath work with activation and relaxation |
| **Phase II** |  | ●Low reps (goal 8-15)  ●High load  ●Borg RPE of 13-16 | ●High reps (goal 15-25)  ●Low load  ●Borg RPE 11-14 | 2-3 minutes | ●Isometric exercises  ●Isotonic exercises  ●Bilateral closed chain or unilateral open and closed chain  ●Stable surface  ● Adjust to more challenging positions (against gravity, less synergistic muscle activity, challenge base of support) |
| **Phase III** |  |  |  | 2 minutes | ●Isometric  ●Isotonic exercises  ● Introduce resistance (weights, bands, etc.),  ●Vary stable to unstable surface (foam surface, ball, balance board, roller, disk) |
| **Phase IV** |  |  |  | 2 minutes | ●Isometric  ●Isotonic  ●Vary stable to unstable surface (foam surface, ball, balance board, roller, disk)  ●Plyometric exercises (running drills, agility drills, jump progressions) |

RPE: rate of perceived exertion; reps: repetitions; ROM: range of motion.