

Improve Your Programming:

THE PRE/POSTNATAL SCREENING & CONSULTATION

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WHAT IS THE PURPOSE OF your screening session?

IG: @activemomfitness

Hello!



Like many of you...

- Degree in Kinesiology
- Certified by top fitness organizations
- Additional credentials
- Attend conferences
- Recipe of science and practice

Very little information on pregnancy and postpartum exercise in learning material

Meet Your Client Alecia

Comes to you at 12 weeks
pregnant

Lean body type, not showing,
seems to be moving well

Claims to be active, but not a
ton of experience with
strength training



**What are some of your
assumptions before the
assessment?**

Alecia's Screening & Consultation

Difficult conception journey

New to city, no family or friends nearby

Attorney

Can't activate core with breath, doesn't know if she can feel pelvic floor engage

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How has your consultation changed your initial impression?

What you will learn



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how to use the assessment to identify prenatal/postpartum conditions and concerns that will impact exercise programming



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how to recognize and validate common "mom barriers" to exercise by asking the right questions during a consultation.



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what movements might be the most helpful to assess before designing an exercise program

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In case you're wondering

Before Exercise During Pregnancy

Yes, there is a pre-screen [questionnaire](#) for exercise during pregnancy, but not postpartum. The questions indicate whether a pregnant person should consult a healthcare professional before beginning or continuing to be physically active.

Before Exercise Postpartum

The ACOG states: If you had a healthy pregnancy and a normal vaginal delivery, you should be able to start exercising again soon after the baby is born. Usually, it is safe to begin exercising a few days after giving birth—or as soon as you feel ready. If you had a cesarean birth or complications, ask your ob-gyn when it is safe to begin exercising again.

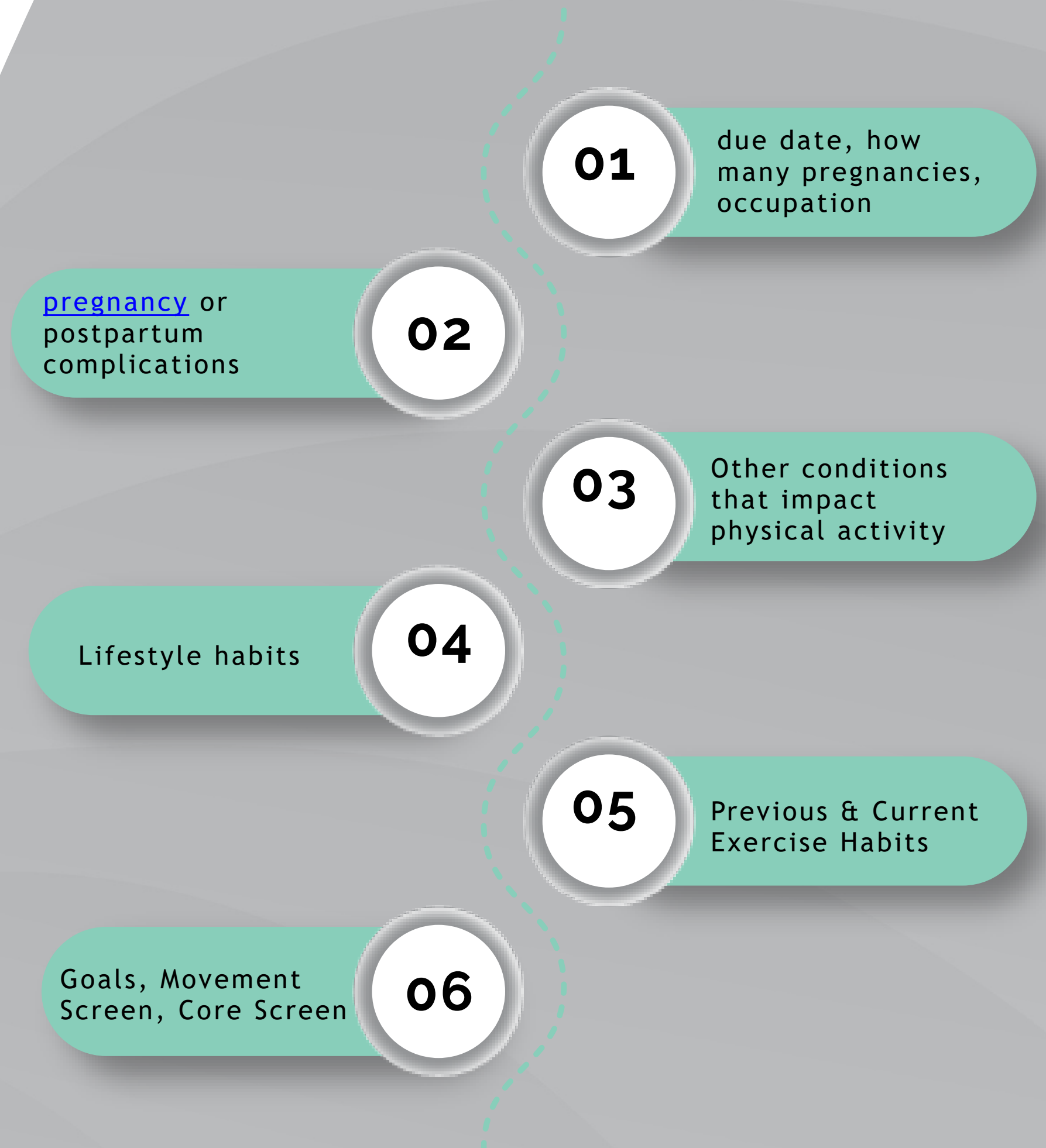
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Components:

Begin with:

"In general, how are you feeling?"

LinkedIn: ashleyreidexphys



Barriers Are Not Excuses

Moms and moms-to-be have challenge and barriers to exercise that need to be considered in programming. Your assessment should reveal them so your program accounts for them.

01

Fear &
Anxiety

02

Fatigue
&
Energy

03

Aches &
Pains

04

Support
System

Conditions to Identify During Assessment

Type of birth
and birth
complications

Pelvic girdle
pain

Heartburn

Nausea

Trouble
sleeping

Pelvic floor
dysfunction

Abdominal
separation

Movement, Core & Posture Assessment

FMS: squat, inline lunge, hurdle, ASLR, Push-up, Rotary, Shoulder, Back pain

Core: activation with breath, including pelvic floor. Diastasis recti screen

Posture: chin, shoulders, ribcage, pronation

Facebook: @activemomfitnessphilly

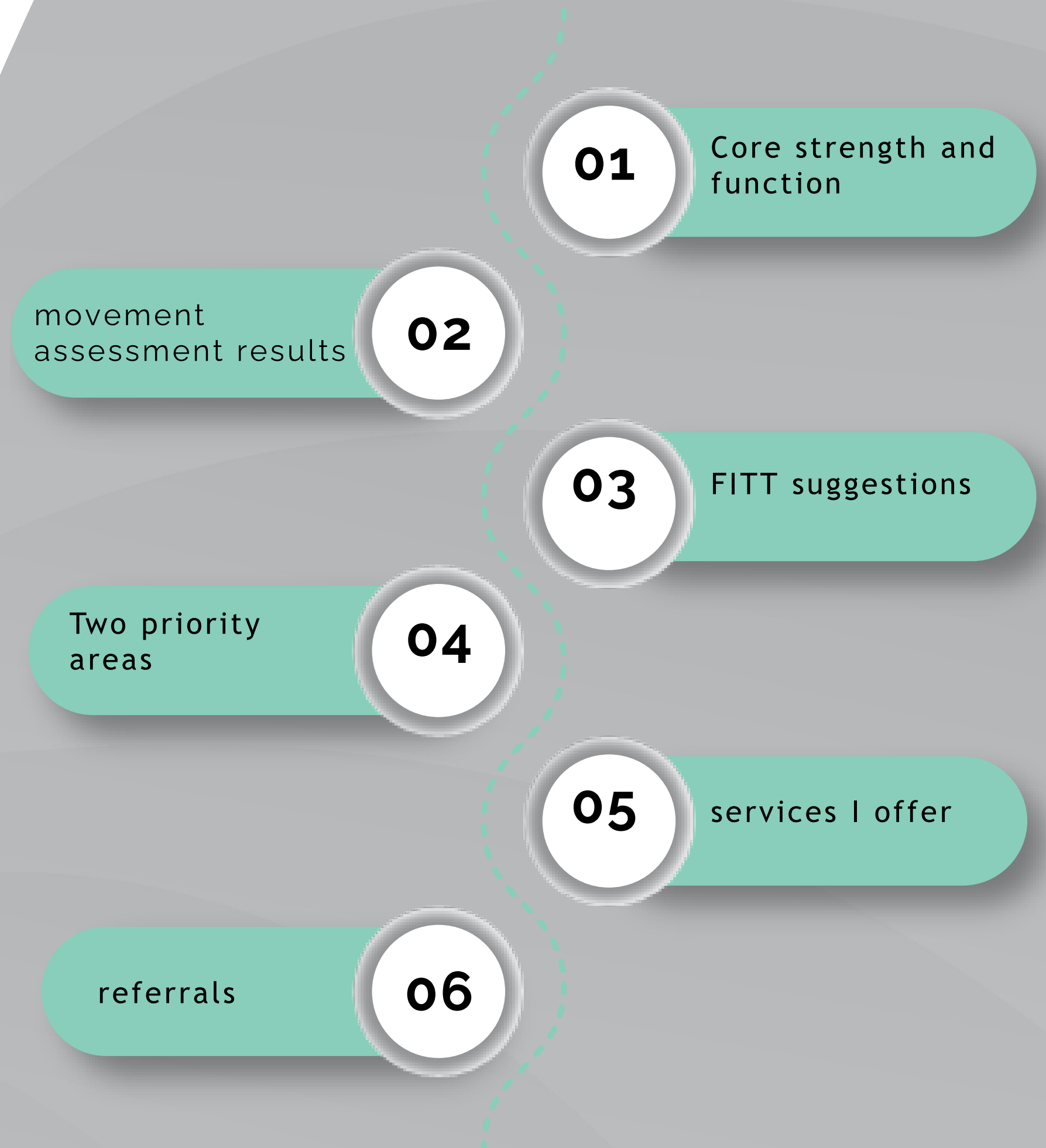


What is helpful to you based on the type of training you provide?

End with your
initial
impression

Allow time for
their questions

LinkedIn: ashleyreidexphys



This session is the foundation of your relationship and programming. It will determine if your client trains with you all through pregnancy and returns to you ready for exercise postpartum.



References

- functionalmovement.com
- [CSEP.ca](https://csep.ca)
- [ACOG.org](https://www.acog.org)
- Sperstad JB, Tennfjord MK, Hilde G, et al. Diastasis recti abdominis during pregnancy and 12 months after childbirth: prevalence, risk factors and report of lumbopelvic pain, British Journal of Sports Medicine 2016;50:1092-1096

Free Screening & Consultation Guide for Exercise Professionals.

DM @activemomfitness for link