Learning Objectives

Catherine Cram, MS

Course Objectives

Upon completion of this course, learners will be able to

- Identify key “fourth trimester” needs and support actions for aiding the course of recovery
- Identify the physical, physiological, and psychological issues that may affect postpartum recovery and ability to return to exercise
- Recognize issues with the dearth of evidence relating to postpartum athletes’ return to exercise
- Assess readiness for return to training
- Determine key points for appropriate sport-specific loading and progression