

b. Resuming Physical Activities

MODULE 6

It is important to slowly resume your physical activity routine. Start with walking or swimming. If you have had stitches, make sure that they are well healed and that all vaginal bleeding has stopped. Remember that moderation is the key. Listen to your body. If you have any pain or increased bleeding, stop and call your health care provider.



Talk with your health care provider before you return to a favourite sport or activity. Within eight weeks you should be able to participate fully in all your favourite activities.