**TABLE 2.** Cesarean vs Vaginal Delivery **Participant** Characteristics.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **8-10 wks postpartum** | | **24-26 wks postpartum** | |
|  | **Vaginal Delivery (n=17)** | **Cesarean Delivery (n=10)** | **Vaginal Delivery (n=16)** | **Cesarean Delivery (n=10)** |
| Age (yrs) | 30.6 ± 6.2 | 32.5 ± 3.6 | 31.3 ± 6.0 | 33.3 ± 4.0 |
| Weeks Postpartum (Session 1) | 8.6 ± 1.0 | 8.6 ± 0.4 | 25.3 ± 1.6 | 25.1 ± 0.7 |
| Weeks Postpartum (Session 2) | 9.4 ± 1.2 | 9.4 ± 0.5 | 26.1 ± 1.7 | 26.2 ± 0.6 |
| Duration of pregnancy (weeks) | 39.3 ± 1.0 (n=13) | 38.0 ± 1.2\* (n=9) | 39.3 ± 1.1 (n=12) | 38.3 ± 1.4 |
| Fundal height prior to delivery (cm) | 38.7 ± 1.4  (n=6) | 37.0 ± 1.2  (n=5) | 38.7 ± 1.3 (n=7) | 37.0 ± 1.2\* |
| Total Number of pregnancies | 2.2 ± 1.2  (n=16) | 3.2 ± 1.9  (n=9) | 2.1 ± 1.1 | 3.0 ± 2.1 |
| Weight (kg) | 74.5 ± 14.8 | 76.2 ± 10.7 | 70.8 ± 15.8 | 72.7 ± 13.0 |
| Height (cm) | 164.8 ± 4.3 | 163.3 ± 5.6 | 165.4 ± 4.6 | 162.1 ± 4.8 |
| BMI (kg/m2) | 27.5 ± 5.6 | 28.6 ± 3.7 | 26.3 ± 5.8 | 27.7 ± 4.5 |
| Body Fat % | 38.8 ± 7.2 | 39.1 ± 5.5 | 36.5 ± 8.9 | 37.5 ± 8.6 |
| RA muscle thickness (2.5 cm above umbilicus) (cm) | 0.8 ± 0.2 | 0.8 ± 0.1 | 0.8 ± 0.2 | 0.8 ± 0.1 |
| RA muscle thickness (2.5 cm below umbilicus) (cm) | 0.8 ± 0.2 | 0.8 ± 0.2 | 0.8 ± 0.2 | 0.8 ± 0.2 |
| IRD 4 cm above umbilicus (cm) | 2.5 ± 1.2 (n=16) | 1.9 ± 0.7 (n=6) | 2.3 ± 1.1 | 2.3 ± 0.9 |
| IRD 2.5 cm above umbilicus (cm) | 2.7 ± 1.1 (n=16) | 2.0 ± 1.0 (n=5) | 2.4 ± 1.1 (n=15) | 2.4 ± 0.7 (n=9) |
| IRD 2.5 cm below umbilicus (cm) | 1.8 ± 0.9 (n=15) | 1.6 ± 1.2 (n=4) | 1.9 ± 0.9 (n=16) | 2.1 ± 1.3 (n=5) |
| IRD 4 cm below umbilicus (cm) | 1.3 ± 1.1 (n=16) | 2.0 ± 1.2 (n=6) | 1.2 ± 1.1 | 1.7 ± 1.3 |
| Average minutes/day of moderate intensity physical activity | 17.1 ± 19.1 (n=10) | 15.3 ± 11.2  (n=9) | 17.0 ± 11.9 | 16.0 ± 7.8 |
| Self-reported physical activity over the previous 12 months (MET·hours·week-1) | 21.4 ± 16.6 (n=16) | 19.4 ± 23.4  (n=9) | 10.4 ± 8.1 | 14.4 ± 12.0 |

Wks=weeks; yrs=years; kg=kilogram; cm=centimeter; m=meter; RA=rectus abdominis; IRD=inter-recti distance; MET=metabolic equivalents. \* indicates *p*<0.05 **(between-groups)**.