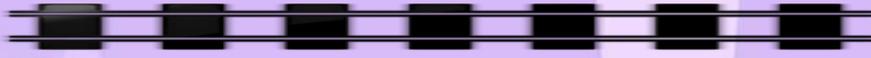




The Inspector General Information Railroad

Keeping you on Track



Pregnancy/Postpartum Physical Training

The Army Pregnancy Postpartum Physical Training (PPPT) Program is an innovative physical fitness training and education program designed to assist pregnant and postpartum Soldiers in meeting the unique needs associated with physical fitness training. The PPPT program is aligned with exercise recommendations from the American College of Obstetricians and Gynecologists. This program provides the Senior Commander with a model for standardized and safe physical training for pregnant/postpartum Soldiers.



Requirements



Commanders:

- conduct pregnancy counseling on all female Soldiers upon confirmed pregnancy test.
- must enroll pregnant Soldiers in the PPPT program.
- maintain accountability of physical training while enrolled in PPPT.
- report record APFT (6 months postpartum) scores to the Installation PPPT trainer.

Soldiers:

- mandatory participation in PPPT upon approval from Health Care Provider.
- attend all PPPT formations and PPPT education classes.
- conduct postpartum Diagnostic APFT under the guidelines of TG 255A.
- * Soldiers not cleared for exercise will still participate in all health education classes.

For more information please contact
SSG Spears (PPPT NCOIC) at 442-4526
or tasha.s.spears.mil@mail.mil



References

- AR 40-501, Standards of Medical Fitness (23 Aug 2010)
- AR 350-1, Army Training and Leader Development (18 Dec 2009)
- FM 7-22, Army Physical Readiness Training (Oct 2012)
- TG 255, U.S. Army Pregnancy and Postpartum Physical Readiness Training Program (Jun 2010)
- TG 281, A Guide to Female Soldier Readiness (Jun 2010)

IG Contact Numbers

- | | |
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*Always give your COC the chance
to resolve any issues!!!*