

# POSTPARTUM RETURN TO RUNNING CONSIDERATIONS



## Length of time since giving birth

We recommend at least 12 weeks or more before you return to running in order to restore pelvic floor, muscle strength and postural stability. However, the length of time will vary for everyone and depends on how well your functional strength is. Some may be ready before, and others will need more time.

## Are you breastfeeding/pumping?

When producing breastmilk, your body also releases certain hormones to assist in milk production. These hormones can cause increased laxity in your joints and increase your risk of injury. If you are lactating, you may benefit from increased time to regain strength and function before running.

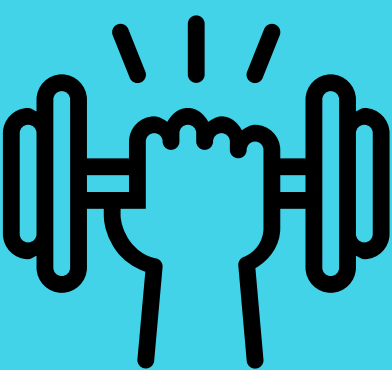


## Have you been checked for Diastasis Recti?

During pregnancy, it is very normal that our abdominal muscles stretch out to accommodate the growing fetus and belly. After birth, it is important that your abdominals/core muscles heal and properly strengthen to optimally support your body during functional movements and activities.

## Have you had a pelvic floor muscle exam or are you having "symptoms" of dysfunction?

In addition to your 6 week OB/GYN check, it is important to know just how well your pelvic floor muscles are functioning and to identify if/where any weaknesses exist. If you are having symptoms of leaking, pressure or pain, please see a pelvic health Physical Therapist for a muscle assessment first.



## Is your body truly ready or just your mind?

Have you been slowly working on exercises to improve your strength and stability? Check out the next page for exercise tests to see if your body may be ready to start running.



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## FIT TEST

IF YOU CAN PERFORM THE FOLLOWING EXERCISES PROPERLY,  
THAN YOU MAY BE READY TO SAFELY RETURN TO RUNNING



### TEST 1: SINGLE LEG STANCE & CALF RAISE

- stand on one leg keeping your hips level and upright posture for 1 minute
- stand on one leg and lift your heel off the floor for 30 repetitions
- Do you have the balance and stability to do this without too much wobbling?

### TEST 2: STANDING HIP ABDUCTION

- stand on one leg and slowly move the other leg out to the side
- make sure to keep good posture and stability
- You should feel this in your butt muscles and side of your hip
- Can you keep your hips level or does one side drop?

### TEST 3: DOUBLE LEG HOPPING

- perform small hops with both feet landing on the floor for 1 minute
- Can you do this without leaking, pelvic pressure, or pain?

### TEST 4: PLANK



- straight arm forward plank on the floor for 45 seconds
- side plank for 45 seconds each side
- Can you do this without leaking, pelvic pressure, or pain?
- Do you see any abdominal doming, coning, or separation?

## HOW DID YOU DO?

If you are unsure or noticed any pelvic symptoms,  
I highly recommended you seek treatment from a  
pelvic health physical therapist for a customized  
treatment protocol for your needs & goals

\*PLEASE NOTE THIS IS A GENERALIZED GUIDELINE AND IS NOT A DIAGNOSTIC TOOL TO INDIVIDUALLY MEASURE  
YOUR PERFORMANCE AND SAFETY