



Ready to Run Postpartum Checklist

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**READY TO RUN
POSTPARTUM**

Smart. Safe & Thoughtful
Return to Run After Baby



You just had your 6 week postpartum check up and your doctor said you are cleared to start exercise...so you lace up your shoes and hit the pavement.



Wait!



Don't head out the door yet!

Running requires a lot of your body and yours just went through the marathon of pregnancy + birth. Running is a single leg, dynamic exercise. With each step we must sustain 250% of our body weight in downward force!! That means we must have dynamic strength!

It is important to take the time to restore + rebuild to ensure a safe and effective return to running. Have you considered your core and pelvic floor health?

After all, you want to still be running when your baby grows into a toddler, child, teen, and adult!

Use the checklist on the following pages, adapted from the Return to Running Postnatal Guidelines published in 2019, to determine your readiness to safely run again after having a baby.

We know it's hard and you really want to get back to hitting the pavement and feeling like yourself again but we want you to know that properly strengthening your body prior to returning to running will not only help you get to your goals faster, it will also help you avoid injuries down the road. Win-win!



Need help being Ready to Run Postpartum?

That's why we, Julie + Sarah, decided to create the Ready to Run Postpartum Program.

Sarah ran her whole life. She is one of those people who feels best when they get a daily run in. Julie was a life long competitive swimmer who has come to love running (after marrying an elite runner ;-)). We've been there and we get you. We've got your back and can't wait to teach you more!

Your coaches,

Julie + Sarah

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Meet Your Coaches

More About Julie



I am a mama of 3 active kids, owner & founder of Strong Body Strong Mama, an Exercise Physiologist, and a Pre/Postnatal Corrective Exercise Specialist. My passion is to help you achieve a positive birth experience and an easier postpartum recovery. My own struggles led me to the work I do today and I believe that our current prenatal/postnatal system is lacking in terms of supporting mothers. I care deeply about your long-term core and pelvic health and want you to get back to doing what you love even stronger than before! I love cooking, listening to podcasts, talking about pelvic health ;-), and being active!

More About Sarah



I am a home based Pelvic Floor Therapist + OT + Pregnancy/Postpartum Corrective Exercise Specialist. I love to work with people to prepare for birth, heal postpartum, + to address pelvic health concerns throughout their lives. I am passionate about making quality pelvic floor therapy easy to access. I have two amazing kiddos who keep me running, literally. I enjoy hiking with my family, keeping honey bees, and learning everything I can about pelvic health!

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How to use this checklist

Before beginning:

Are you at least 12 weeks post birth? If not, now is a great time to work on reconnecting with your pelvic floor + core before working on the below items!

If you are 12 weeks post birth you will still want to spend time doing the pelvic floor + core rehab first!

You will need to complete each exercise component *without* leaking urine/stool or causing pain + pressure. You'll also want to do so **with good form** for all the repetitions, no holding on or lost of balance. If you notice you are having to brace or engage other muscles, then you aren't quite ready to check **YES**.

Get Ready to Test Yourself!



Are you able to complete??

*Click on each item to watch a video demo

- ☐ 8 full contractions of your pelvic floor muscles for at least 6 seconds + full releases, while standing

If you aren't quite sure how to do a pelvic floor contraction or feel discomfort when trying these we recommend you book an evaluation with a pelvic floor therapist!

- ☐ 10 quick pelvic floor contractions + full releases

For 20 repetitions each leg:

(Remember no breaks in form/leaking/or pain)

- ☐ Single leg sit to stand

- ☐ Single leg calf raise (no holding on)

- ☐ Side lie leg abduction

- ☐ Single leg bridge

For 10 repetitions each leg:

- ☐ Single leg running man

- ☐ Forward bound

- ☐ Single leg squat

- ☐ Hop in place

Are you also able to:

- ☐ Walk 30 minutes

- ☐ Hop in place on 1 leg for 10 seconds

- ☐ Jog in place for 1 minute

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You've followed the checklist, now what?

You'll also want to take some time to consider how well you are sleeping (because we know babies aren't the best for sleep!), eating, and caring for yourself overall. Returning to running requires lots of energy so if you aren't doing so great with self care it may not be best to add running into your schedule.

If you were able to answer, YES, to every question you might be ready to start slowly returning to running.



If you weren't quite there yet...It's ok...**We've got you!!**



Completing the **Ready to Run Postpartum Program** will help prepare your body to sail through the checklist and return to running safely! Keep an eye out for this amazing program launching in March 2021!



Follow us on social media to learn more tips & tricks for safe return to running after birth!



*To a better return to running & beyond,
Julie & Sarah*

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