























## Postnatal Return to Run Guidelines

(Goom, Donnelly, Brockwell, 2019)

Minimum 12 week PP recommendation, plus -

Pelvic floor	Load	Strength	DRA
In standing <ul style="list-style-type: none"> <li>• 10x fast</li> <li>• 8-12 reps 6-8sec MVC</li> <li>• 60sec submaximal 30-50%</li> </ul> >Gh+Pb <7cm >No symptoms of PFM dysfunction	<ul style="list-style-type: none"> <li>• Walking <u>30mins</u></li> <li>• SL Balance 10sec</li> <li>• SL squat 10 reps</li> <li>• Jog on spot 1 min</li> <li>• Forward bound x10</li> <li>• Hop in place x10</li> <li>• Running man x10</li> </ul>	x20 each - <ul style="list-style-type: none"> <li>• SL calf raise</li> <li>• SL bridge</li> <li>• SL STS</li> <li>• SL abduction</li> </ul>	Functional load transfer abdominal wall <ul style="list-style-type: none"> <li>• ASLR</li> <li>• Chest lift</li> <li>• Rotational torque</li> </ul>

### EXAMPLES OF EXERCISE PROGRESSION IN THE POSTNATAL RUNNER

Weeks Postnatal	Examples of Exercise Progression
Weeks 0-2	 Pelvic floor muscle strength & endurance  Basic core exercises e.g. pelvic tilt  Walking for Cardiovascular exercise
Weeks 2-4	 Progress walking, pelvic floor muscle/core rehab  Introduce squats, lunges & bridging in line with day-to-day requirements
Weeks 4-6	 Low impact exercise - static cycling  Low impact - cross trainer Individualise according to postnatal recovery, mode of delivery, perineal trauma & saddle comfort
Weeks 6-8	 Scar mobilisation  Power walking  Increase low impact exercise  Add dead lift  Add resistance to lower limb & core
Weeks 8-12	 Introduce swimming  Dependent if lochia stopped & wound healing satisfactory  Spinning if comfortable sitting on a spinning saddle
Week 12 & Beyond	 Graded return to running  Goal specific  Consider running coach  Consider risk factors e.g. obesity  Modify according to signs & symptoms

Source - Goom T, Donnelly G & Brockwell E. Returning to running postnatal - Guidelines for medical, health and fitness professionals managing this population. March 2019

