

# Ready to Run After Baby? A Pelvic Health Therapist's Checklist

Welcoming a new baby is a transformative experience, and as your body heals, you may be eager to return to activities you love—like running. However, your postpartum body deserves special care and attention before hitting the pavement. As pelvic health specialists, we've created this comprehensive checklist to help you determine if your body is truly ready for the impact of running.

📄 Returning to running too soon can put unnecessary strain on your healing body and pelvic floor. This checklist helps ensure you're physically prepared for the demands of running after childbirth.

## Your Postpartum Running Readiness Assessment

Before lacing up those running shoes, take a moment to honestly evaluate where you are in your postpartum recovery journey. Every body heals differently, and there's no rush to return to high-impact exercise.

1

### Medical Clearance

- Completed your 6-week follow-up with your OB/midwife and received clearance for exercise
- Had an internal exam with a pelvic floor physiotherapist
- No longer experiencing lochia (postpartum bleeding/discharge)

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### Pelvic Floor Function

- No urine leakage when laughing, coughing, sneezing, bending, or lifting
- No sensation of pelvic pressure or heaviness by the end of the day
- Able to engage and release your pelvic floor muscles intentionally

3

### Physical Preparation

- Completed at least 4 weeks of strength training (2x/week minimum)
- Can walk for 30 minutes without lower back or hip pain
- Have a properly fitting sports bra and comfortable running shoes

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### Overall Wellness

- Getting approximately 6 hours of sleep per night (broken sleep counts!)
- Consuming 3 balanced meals daily and taking a multivitamin
- Feeling mentally ready and excited to begin running again

## Next Steps Based on Your Results

### If You Checked All Boxes

Congratulations! Your body is showing signs of being ready for a gradual return to running. Start with a walk-run program, beginning with short intervals (30 seconds of running followed by 90 seconds of walking), and slowly increase as your body adapts. Listen to your body and don't hesitate to scale back if you experience any discomfort.

### If You Missed Some Boxes

That's completely normal and nothing to worry about! Consider working with a pelvic health physiotherapist who specializes in postpartum athletes. They can provide targeted exercises to address your specific needs and help you build a personalized return-to-running plan that respects your body's healing process.

Ready for personalized support on your postpartum running journey? Our team at Body Co Health & Wellness specializes in helping new mothers safely return to the activities they love. Book a postpartum running assessment today!

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