

CONSIDERATIONS TO GUIDE RETURN TO POSTNATAL RUNNING



Is the mother at least 3 months postnatal?

Yes

Continue screen - potential to return to running if recommended tests are passed but screening may highlight she isn't ready

No

Continue screen if >6 weeks postnatal informing that the minimum recommended recovery prior to return to running is 3 months

Subjective screen and use of validated outcome measures e.g. Australian pelvic floor questionnaire

Objective Screening



Pelvic Floor Screen via a Specialist Physio



Strength testing



BMI <30



Abdominal Screen for DRA including functional dynamic/load tests



Load and impact screening +/- video analysis



RED-S screen



Additional considerations (breastfeeding/scar tissue/sleep)



Psychological screen for PND

Screening passed?

Yes

Graded return to running e.g. couch to 5K

No

Rehabilitation programme to address dysfunctional areas or signposting to relevant professionals e.g. physio, GP or Uro-gynaecologist