

CHECKLIST FOR RETURNING TO RUNNING POSTPARTUM

EXPECTING AND EMPOWERED

It has been advised that most women will benefit from waiting 12 weeks after baby and passing the following tests to begin a gradual return to running.

ABDOMINALS:

Left Right

- Runner's endurance hold (knee up on wall) - 1 minute
- Side plank - 30 seconds on each side
- Diagonal test (partner).

HIP/PELVIS CONTROL:

- Single leg RDLs - 10 repetitions per side
- Gluteus medius (partner) - straight leg.
- Gluteus minimus (partner) - leg at 45 degree angle
- Single leg bridge on foam roller - 10 repetitions per side
- Adductor plank - 10 repetitions per side

ANKLE:

- Posterior tibialis (partner).
- Big toe dorsiflexion

BALANCE

- Step downs - 10 repetitions
- Single leg balance - 30 seconds on each leg.
- Single heel raises - 10 repetitions

IMPACT:

- Plank hops - 30 seconds
- Hop in place - 30 seconds
- Single leg hops - 30 seconds on each leg.