



# POSTPARTUM RUNNING

**HERE'S WHAT YOU  
NEED TO KNOW**



**Peach**  
Physiotherapy  
& Wellness Centre

# Just had a baby and excited to get back up and running?

We know it's exciting (and sometimes a little overwhelming) to think about getting back into exercise after having a baby, especially if running was part of your routine before or during pregnancy.

But here's the thing: your body has been through a lot. Jumping back into high-impact activities like running too soon can lead to problems like *pelvic pain, leaking, or even injury.*



# Let's talk timing.

When to start running postpartum isn't always an simple cut & dry answer. The annoying, but honest, response is that *it depends*. There are a lot of factors that play into your unique timeline:

- How was your delivery? Did you have a vaginal birth or c-section?
- Are you dealing with any postpartum issues like diastasis, incontinence, or prolapse?
- Were you strength training before, during or after pregnancy?

As you can see, there are lots of things that can affect when you're ready to get back to doing what you love.

## Evidence suggests...

Regardless of your birth experience, the research shows that waiting until **at least 12 weeks postpartum** before starting a return to run program is ideal. This gives your body the proper time it needs to heal and get ready for the impact.



# Considerations

Even if you are 12 weeks postpartum, it doesn't mean that you should jump back into your pre-pregnancy routine. For best results, rebuild your strength and control first with a gradual, progressive strength program. A pelvic floor physiotherapist can guide you through this!

## Optimize your return to running:

- **Work with a pelvic floor physiotherapist.** We're trained to look at how your body is moving, spots that may need strengthening or stretching, and create a program just for you!
- **Start with strength training.** Your body needs to be strong enough to handle running. This means focusing on your core and pelvic floor to build a solid foundation.
- **Take it slow and steady.** There's nothing wrong with run-walking. Actually, we recommend it as a great way to ease back in. Programs like "Couch to 5K" can help guide you through this gradual return.
- **Listen to your body.** If something feels uncomfortable or just off, adjust your routine. A pelvic floor physiotherapist can help you figure out what's normal and what needs attention.

# WHEN TO STOP RUNNING



- **Pelvic heaviness or pressure**  
This can be a sign of a prolapse.
- **Incontinence**  
This can be urinary or bowel incontinence.
- **Coning or Doming in your belly**  
This is a sign of a diastasis recti or abdominal separation.
- **Pelvic or Low Back Pain**
- **Ongoing bleeding**  
Blood loss beyond 8 weeks postpartum that isn't related to your menstrual cycle.

# Let's get after it mama. You've got this!

Having a baby shouldn't stop you from doing what you love. With a little bit of patience and guidance, you can get back to running safely and with ease!

## Want a personalized treatment plan?

Our pelvic health physiotherapists are full of knowledge and can help get you back on your feet!

## Two Convenient Locations:

### Main Clinic

421 St. Clair Street  
Chatham, ON

### South Chatham

40 Beatty Street  
Chatham, ON

## Contact

 519-358-7342

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