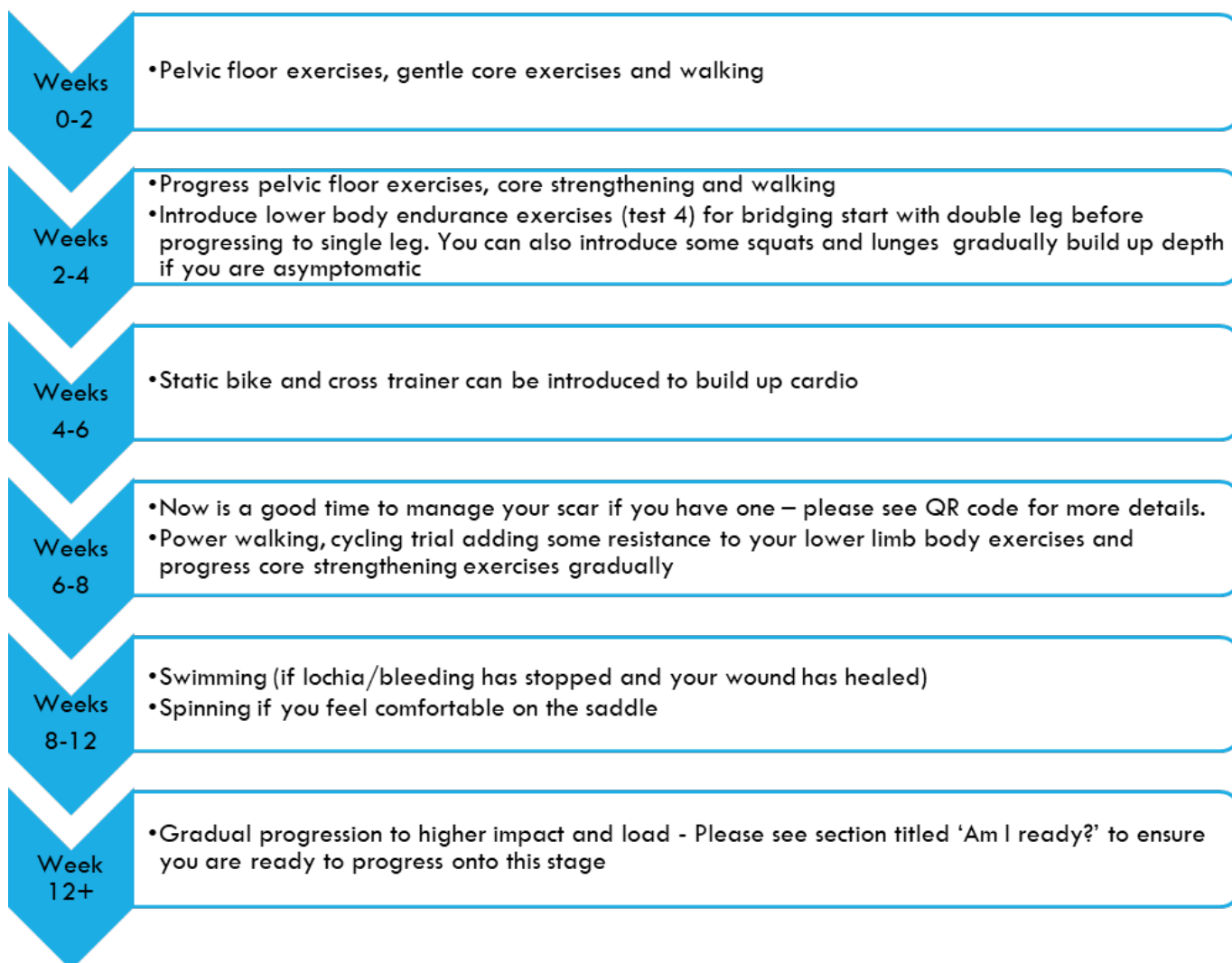


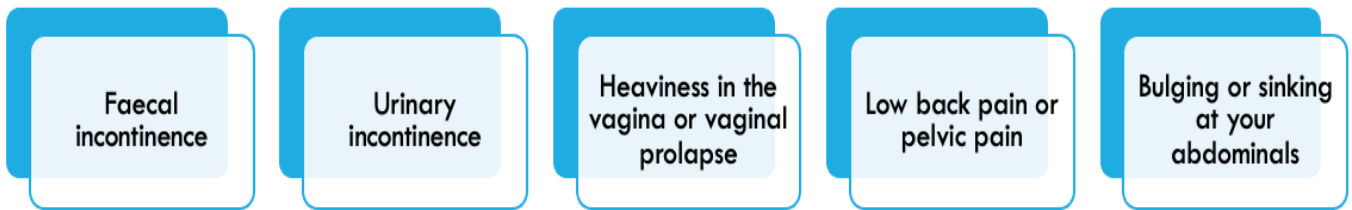
Returning to Running Postnatally

This leaflet provides basic guidance to support you with returning to running postnatally. If you have any further questions or concerns, please speak to your physiotherapist or GP.

Suggested postnatal return to fitness plan:



At each step of this process, it is important that you listen to your body and don't push yourself too hard. If you experience any of the following symptoms, please stop exercising and speak to your GP or physiotherapist:



Am I ready?

Test 1 BMI	<input type="checkbox"/> Is your BMI less than 30? <input type="checkbox"/> If your BMI is more than 30 consult your GP for help with weight management prior to starting a returning to running plan www.nhs.uk/live-well/healthy-weight/bmi-calculator
Test 2 Pelvic Floor	<input type="checkbox"/> Can you hold a pelvic floor contraction for 8-12 seconds in standing x 10 ? <input type="checkbox"/> Can you do x 10 fast pelvic floor contractions in standing? <input type="checkbox"/> Can you do a 1 minute sub max hold in standing ?
Test 3 Abdominals	<input type="checkbox"/> Do you have a separation of your abdominal muscles that is causing uncontrolled doming of the abdominal wall?
Test 4 Lower limb Endurance	<input type="checkbox"/> 1) Single leg calf raise x 20 <input type="checkbox"/> 2) Single leg hip abduction x 20 <input type="checkbox"/> 3) Single leg glute bridge x 20 <input type="checkbox"/> 4) Single leg sit to stand x 20
Test 5 Return to impact	Can you perform the below symptom free <input type="checkbox"/> Can you walk for 30 minutes? <input type="checkbox"/> Can you stand on one leg for 10 seconds? <input type="checkbox"/> Can you carry out 10 single leg squats? <input type="checkbox"/> Can you jog on the spot for one minute? <input type="checkbox"/> Can you hop 10 times on each leg? <input type="checkbox"/> Can you jump forward x 10? <input type="checkbox"/> Can you balance on one leg and do your running motion x 10?

Test 5 Exercises:

1) Single leg heel raise

Start with double leg heel raises, once you can do 20 of these without support you can progress to single leg. Hold onto a wall or counter for support, try to control the raise and lower down equally, and keep your ankle in good alignment.



2) Sideline hip abduction

Lying on your side with bottom leg bent top leg straight, slowly lift and lower your leg x 20. You should feel this working in your bottom muscles.



3) Single leg bridge

Start with by performing a shoulder bridge with two feet on the floor once you can do 20 of these progress on to single leg bridges. Work on lifting your hips off the floor by squeezing you bottom muscles, ensure you keep your hips level.



4) Single leg sit to stand

Practice standing up and sitting down from a chair on one leg, keeping the knee of the supporting leg tracking over the toe, work up to x 20 reps on each leg.



Other Tips

Your birth experience will be unique, therefore it's important to not compare your recovery and experience to those around you and go at your own pace.

Ensuring you have a well-fitting and supportive sports bra can make running more comfortable - ensure you monitor breast pain during running.

Returning to running should be supporting your overall mental health and wellbeing, if it is making you more stressed, try slowing down, taking more rests, or pause and return when you feel ready or with support of a health care professional.

Useful sources of information

For a more in-depth guide to return to running please scan the QR code below:



Groom T., Donnelly G., & Brockwell E. (2019) Returning to running postnatal – guidelines for medical, health and fitness professionals managing this population.

DOI:[10.13140/RG.2.2.35256.90880/2](https://doi.org/10.13140/RG.2.2.35256.90880/2)

Please scan the QR code for St Georges Resources page where you can find links to information leaflets and videos on relevant topics or follow the link: [Patient Resources - St George's University Hospitals NHS Foundation Trust](#)



Contact us

If you have any questions or concerns about returning to running postnatally, please discuss with your physiotherapist or healthcare professional.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

The Walk-in and Advisory telephone services are closed on Wednesdays.

Please contact PALS in advance to check if there are any changes to opening times.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough wings.

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS UK

The NHS provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



Reference: MAT_SRM_01 **Published:** October 2025 **Review date:** October 2027