



Postpartum Ready to Run Capacity Tests & Checklist

****Can you accomplish the things in the chart below WITHOUT the following:**

1. Holding your breath?
2. Leaking urine or passing gas?
3. Feeling pressure/heaviness/pain in your pelvis?
4. Having the sensation that “something is falling out” like a tampon etc. ?
5. Pushing down into your pelvic floor or “doming” aka “pooching” out your stomach?
6. Pain >3/10 on pain scale

****If you answered NO to any of the questions above, it doesn't mean you can't or shouldn't run BUT, we highly recommend that you work one on one with a licensed orthopedic and or pelvic floor physical therapist who either runs or has a lot of experience treating and training runners before starting your postpartum run journey ** An ounce of prevention is worth pounds of cure!**

****Things to consider:**

1. Guidelines for Postpartum Return to Running recently published (with input from the creator for this checklist, Victoria) suggested that women wait until at least 12 weeks or 3 months postpartum before starting a run/walk program. This is a guideline and NOT set in stone! Some women are able to start sooner without any issues and some would be better off waiting > 3 months or even longer. Every woman is different, has a unique birth story and prior fitness level, resist the temptation to compare yourself to others!
2. Can you perform a kegel without using other muscles to do the work? For example, kegel without “butt clenching”, “ab gripping” or squeezing with your inner thigh muscles?

****Can you do these in a standing position:**

- a. Perform 10 slow contractions where you build up the strength of your kegel x 10 sec (like an elevator lifting up) , hold x 10 sec and then slowly release x 10 sec?
 - b. Perform 10 fast contractions with the same strength on rep #10 as on rep #1?
 - c. Hold 50% contraction x 60 sec? Or how long can you hold your strongest kegel before it gives out? **If you're not sure, it's a great idea to reach out to a pelvic floor physical therapist to assess the strength & endurance of these muscles!
3. Do you have a properly fitted sports bra?
 4. Do you have neck or upper back pain?
 5. Can you rotate your hips and spine to look behind you, symmetrically on both sides?
 6. Are you eating and sleeping enough to support your increased caloric needs for exercises as well as breastfeeding (if you are doing so)?

**** The following checklist is based on the work of Christopher Johnson of ZerenPT, Tom Goom of The Running Physio and Victoria Liu of Ironhorse PT/Bulletproof Runner:**

Date:	Right Leg	Left Leg	Success	Needs Improvement	Notes
Hips = Pelvic Floor:					
Pelvic Floor Contractions- see ↑	X	X			
Clamshells x 1 min					
Side Plank					
Bridge Reps to fatigue					
Step Downs					
Lower Leg Mobility/Strength:					
Single Leg Balance					
Single leg Calf/Heel Raise SL					
Toe/Ankle sitting					
Response to Impact:					
Pogo Jumps 150bpm x 1 min					
SL hopping 150bpm x 30 sec					
Running In Place 170bpm x 1 min					

**If you'd like more information on how to restore your core & pelvic floor so you can get back to running and working out without pain or embarrassing leaking, you can access our Core & Pelvic Floor ReBoot Camp Workshop for ONLY \$50! Here's what you'll learn:

- Define and discuss what good core control is
- How to do a screen and measure yourself for Diastasis Recti (ab separation aka "mummy tummy")
- Exercises to immediately improve your core and pelvic floor function
- Why mommy boot camps, planks and crunches MAY not be good for you and what you can do instead
- Strategies to help alleviate peeing when exercising

If you buy our **Core & Pelvic Floor ReBoot Camp Program** within the next 3 days, we'll also send you our Bulletproof Runner Video Guide totally FREE! You'll get:

- Detailed videos on the movements in the checklist above
- Our criteria for "success" vs "needs improvement"
- Corrective exercises for your weaknesses
- The Bulletproof Runner Workshop recording

****That's an amazing deal since a 1:1 consult with our owner and creator of Bulletproof Runner series, Victoria Liu is valued at \$350! You can purchase the guide and workshop here: [I want to run strong & pain free!](#).**

I am also offering a **Postpartum Return to Running & Sports** (What your doctor doesn't tell you) webinar recording. The cost is \$25. You can purchase the recording here: [Postpartum Return to Running & Sports](#)

I'm offering all THREE programs for \$99! Call (925) 222-5446 or email us at admin@ironhorsept.com to let us know you would like to get all three programs.

Part of the proceeds will be donated to support Girls on The Run, a non profit organization that serves to support a healthy and active lifestyle for girls.

Feel free to reach out if you have other, more specific questions pertaining to your situation Or join our private Facebook group for more tips, exercises and live Q&A's : https://m.facebook.com/groups/951951708275406/?ref=group_browse

If you'd like a personalized 1 on 1 consultation for your specific needs, we offer in-person and virtual coaching sessions. You can inquire or book a FREE 15 min consultation by going here: [I want my FREE consultation!](#)

You can also find us on social media: Instagram: [@ironptmom](#) or [@ironhorsept](#)

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