

A symptom-led approach and signs:

If you cannot access a pelvic health physiotherapist for an assessment prior to re-engaging with running, there are some simple things you can do to check for symptoms. Check for pain, heaviness, dragging, or incontinence during:

1) Walking 30 minutes , 2) Single leg balance for 10 seconds, 3) Single leg squat x10 each side, 4) Jog on the spot 1 minute, 5) Forward bounds x10, 6) Hop in place x10 each leg, 7) Single leg 'running man' x10 each side.

See this resource for more detail:



Key pelvic floor dysfunction symptoms to be aware of that could occur are urinary or faecal incontinence or urgency, heaviness/pressure/bulging or dragging in the pelvic area, pain with intercourse, obstructive defecation, separated abdominal muscles, or back and/or pelvic pain. If you are suffering from mastitis that is causing you discomfort and problems, consult your GP. For more on mastitis, see here:



Your 6-week check is a good opportunity to discuss some of these symptoms, but you may wish to speak with a health professional at another opportunity if you experience symptoms later. See other symptoms that may be a reason to contact your healthcare professional here:



It is good to be mindful of how you and your body feel during exercise, as the feelings will be individual to you. If necessary, keep a log of these feelings to track changes!