


Optional checklist :



Below is a checklist of useful steps that may help you!

- ☐ Attend a pelvic health assessment: this is a great way to get some reassurance to start your return to running or receive treatment if necessary.
- ☐ If you can't attend a pelvic health assessment, self-check for symptoms, use the return to running postnatal guideline exercises (see ) , or speak to your GP or midwife.
- ☐ Ensure you have appropriate running kit and a supportive bra prior to engaging – you could even go for a fitting.
- ☐ Ensure you have been engaging with pelvic floor muscle training.
- ☐ Voice any concerns to peers or health professionals – no matter how small they may be – everyone's journey is individual, but speaking and relating to others may help!