



Run Ready Checklist

Pelvic Floor Function

in standing can your pelvic floor perform:

*pelvic floor contraction is a kegel (muscles you use to cut off the flow of urine or squeeze a tampon)

- 10x fast reps
- 8-12 reps max contraction 6-8sec hold
- 60 sec 30-50% contraction

Strength Test

perform 20 reps each:

- single leg calf raise
- single leg bridge
- single leg sit-to-stand
- sidelying hip abd

Impact Test

can you:

- walk for 30min
- single leg balance 10 seconds
- single leg squat x10 reps
- jog on the spot for 1 minute
- forward bounds 10 reps
- hop in place 10 reps each leg
- single leg 'running man' 10 reps each leg

Running is not advisable if you experience any of the following prior to or during the commencement of running: urinary or fecal incontinence, pressure/bulge/dragging in vagina, ongoing or onset of vaginal bleeding (not related to menstrual cycle. refer back to care provider), musculoskeletal pain.