



RUNNING READINESS

SCREEN



1

Pelvic Floor Strength - Perform in standing

Aim to do the following pelvic floor exercises standing up

- ☐ Fast squeeze and release (one second each) x 10 repetitions
- ☐ Max strength (100%) squeeze for 6-8 second hold x 8-12 repetitions
- ☐ Submaximal strength (50%) squeeze contractions x 60 second hold

2

Load and Impact Management

Aim to achieve the following without pelvic pain/ heaviness/ dragging/ incontinence with good form.

- ☐ Walking x 30 minutes
- ☐ Single leg balance x 10 seconds each
- ☐ Single leg squat x 10 each side
- ☐ Jog on the spot x 1 minute
- ☐ Forward bounds x 10 each side
- ☐ Hop in place x 10 each side
- ☐ Single leg “running man” x 10 each side

3

Functional Strengthening

Aim for 20 repetitions of each

- ☐ Single leg calf raise
- ☐ Hip abduction
- ☐ Single leg sit to stand
- ☐ Single leg bridge

Weakness in these areas of strength testing should not be considered a barrier for return in running but instead identify where strength work can be directed

1. Do you leak urine, stool, or gas when you cough/sneeze/laugh or exercise?
2. Do you experience a sensation of bulging, “falling out”, heaviness, or pressure in your vagina or pelvis?
3. Do you experience pain with bowel movements, tampon use, or intercourse?

If you have any of these symptoms you may benefit from a Pelvic Floor PT consult.

