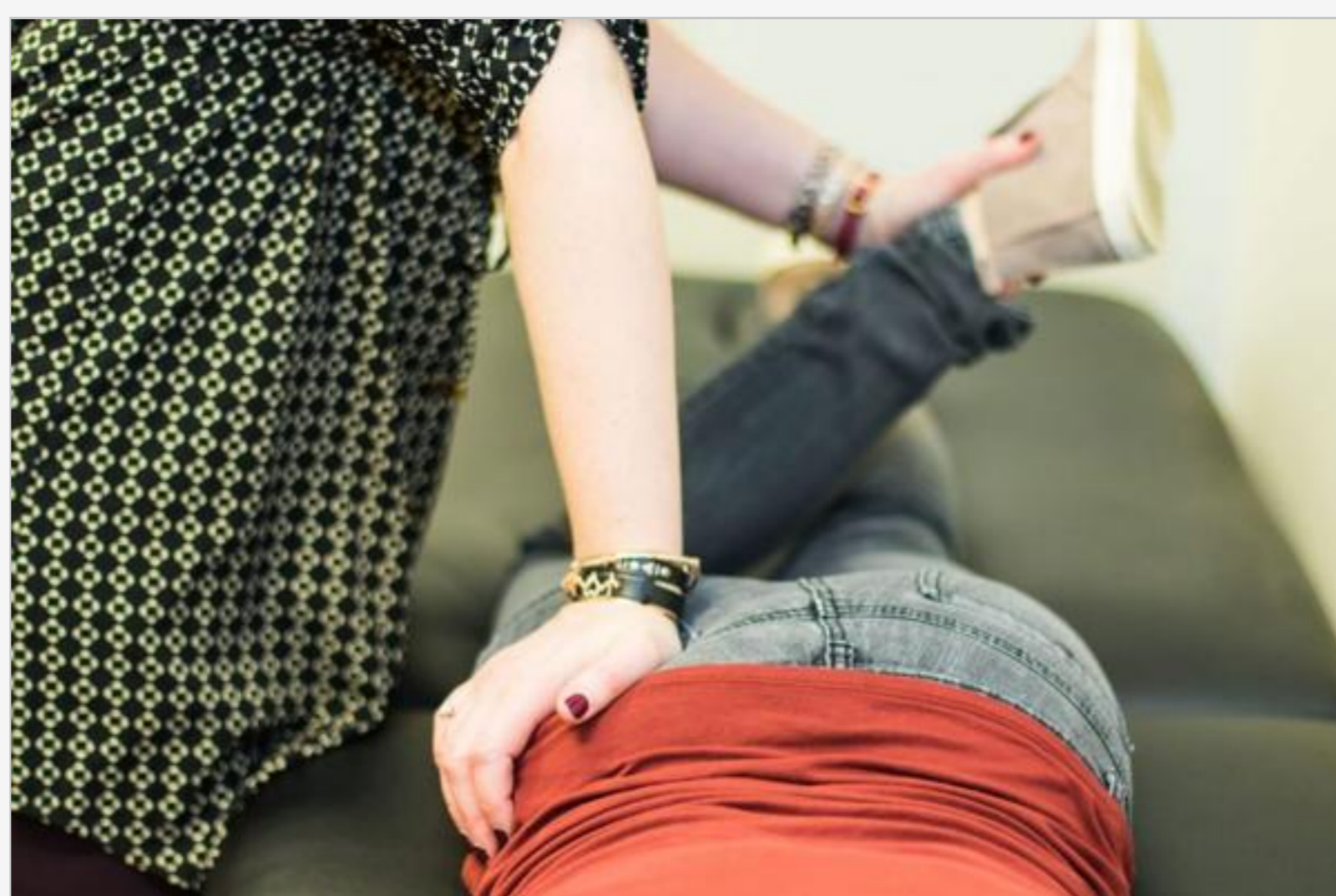


How soon can you start running again after a baby? Find out here.

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Orthopedic Pelvic Health Balance



### Starting to Run Again After a Baby

Many women develop issues with urinary leakage, pelvic pressure, heaviness, and pain when they resume high intensity exercise, like running, after having a baby. Returning to running postpartum is a topic that is often discussed, but not often researched. There are no official guidelines in the U.S. regarding returning to running in the postpartum period, but general recommendations are that women **should return to running no sooner than 3 months postpartum**. During pregnancy and childbirth, several structures related to the pelvic floor and bladder change in structure. We know it takes anywhere from 6-12 months postpartum for these structures to return to close to their prenatal strength. So how do you know if you're ready? Every mom is different! That is why it is so important to consult with a professional when considering returning to a high intensity activity such as running postpartum.

Pelvic rehabilitation physical therapists can assess the strength, range of motion, and endurance of the pelvic floor through a series of functional tests that apply directly to activities that are important to you. At LifeMotion Physical Therapy, our pelvic rehabilitation specialists partner with our patients to ensure that they can return to the activities that they love including running after having a baby. Call or click to make an appointment today!

[Schedule an Appointment](#)



### Technique Highlight: Pelvic Floor Assessment

Three components of running that are important to assess when determining if you are ready to return to running after having a baby are:

- Pelvic floor and core strength
- Single leg strength and balance
- Tolerance to impact

Your pelvic floor and abdominal muscles help to provide dynamic stability to the pelvis during movement and impact loading. If those muscles are not strong enough, or their timing is off, impact loading becomes more difficult and can reproduce symptoms such as leaking urine or a feeling of heaviness or pressure in the pelvis during running. Watch the video for a few simple exercises that can help assess if your body is ready to return to running after having a baby.

[WATCH VIDEO](#)



### Your LifeMotion Spotlight: Dr. Megan Bojko, PT, DPT

Going the distance is a way of life for Megan Bojko. It's not just who she is, it's how she came to join LifeMotion.

Once upon a time, Megan was on a path to ministry and theology at Southern Nazarene University. While deep in prayer, however, she felt a calling to biology, anatomy, and physiology—subjects in which she excelled during high school. So, with her parent's support, she chose a path that ultimately led her to LifeMotion.

Megan studied kinesiology at the University of Central Oklahoma and completed her Physical Therapy studies at Oklahoma University. Along the way, she gravitated toward women's health. But, Megan wanted a change of scene. She left Oklahoma City for Tulsa, where she admits fate took a hand.

"I found Ryan on a Google search," Megan says. "I spent a couple of afternoons to check the fit and liked the way he interviewed me."

Megan's interest in women's health enabled Ryan to expand those services at LifeMotion. For her part, Megan traveled to Chicago for continuing education on Pelvic Floor.

"I knew THIS was for me," Megan admits. "I started practicing immediately and continued educating myself ever since."

"I love working with women after pregnancy because I feel they're underserved," Megan says. "After carrying a baby for nine months, delivery is trauma."

Many issues can arise when going back to daily life too soon. Megan helps clients get back in full motion safely, without symptoms—even when that includes returning to running marathons.

It's that distance thing with Megan. An accomplished powerlifter, cross fitter, and avid hiker, she loves lacing up—even when that means a leap of faith—like a blind date.

"A mutual cross-fit friend set us up," Megan admits of meeting her husband, Tony. "Neither of us had an interest in going, but we did."

Conversation over that first dinner sealed the deal because it touched two topics deep in her heart: Jesus and The Green Bay Packers. It helps that he also enjoys adventure hiking. So, naturally, they two spent their first eight months together training for a Grand Canyon Rim-To-Rim hike.

"We'd FaceTime at night and train on weekends," Megan remembers. "He was signed up for the Oklahoma City Group. Meanwhile, I was waitlisted in Tulsa."

What she didn't see coming was Tony's proposal.

"It happened a mile and a half in," she says. "Everyone but me knew it was coming except me."

These days Megan continues expanding her studies in women's health and hiking with Tony because going the distance is her only way.

[Learn More About Our Team](#)



### A Message from Ryan

#### The Importance of Pelvic Health

During my time in Austin, TX as a practice owner and clinician, I met several incredible pelvic health specialists. These folks opened my eyes to a whole new world of care for very common issues that most people, at the time, were unwilling to discuss. Of course my head was completely in the sand about how hard pregnancy and childbirth can be on a woman. We then had our first child and I realized how little I knew. I then decided it will be very important for any practice I am involved with to have a service line to help women get back to the activities they love after childbirth.

Then in 2014 a recent new graduate came to LifeMotion and was inquiring about a possible staff physical therapist position. I instantly could tell she was smart, compassionate, and put the needs of her patients first. Fast forward nearly eight years later and Dr. Megan Bojko, DPT has created an incredible pelvic health practice with referrals from all over the region. Her evidenced-based treatments based on excellent diagnostics can make a profound impact on your life. If you are having any issues getting back to walking, running, the gym after childbirth, I highly encourage you to schedule a consult with Dr. Bojko and learn how physical therapy can help you get back in LifeMotion.

[Go to LifeMotion.com](#)