

Inspiring Women to Exercise by Forming a Weekly Walk/Run Club

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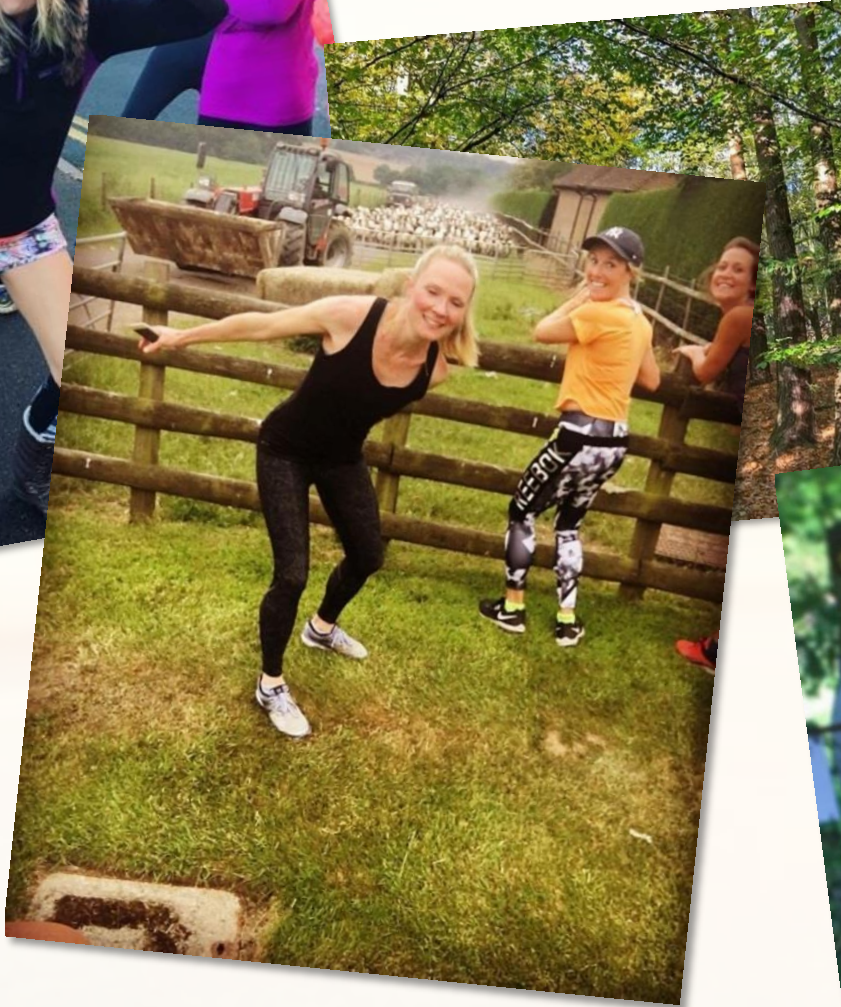
Why it all Began

- Like minded women
- Non-competitive
- Community
- Accessible
- Safe and comfortable place to exercise
- Returning women safely and effectively post baby to exercise
- Women are being blindly guided back to running without any rehabilitation or firm clinical guidance
- Signpost women to physiotherapy post baby and educate about pelvic floor dysfunction and the benefits of rehabilitation

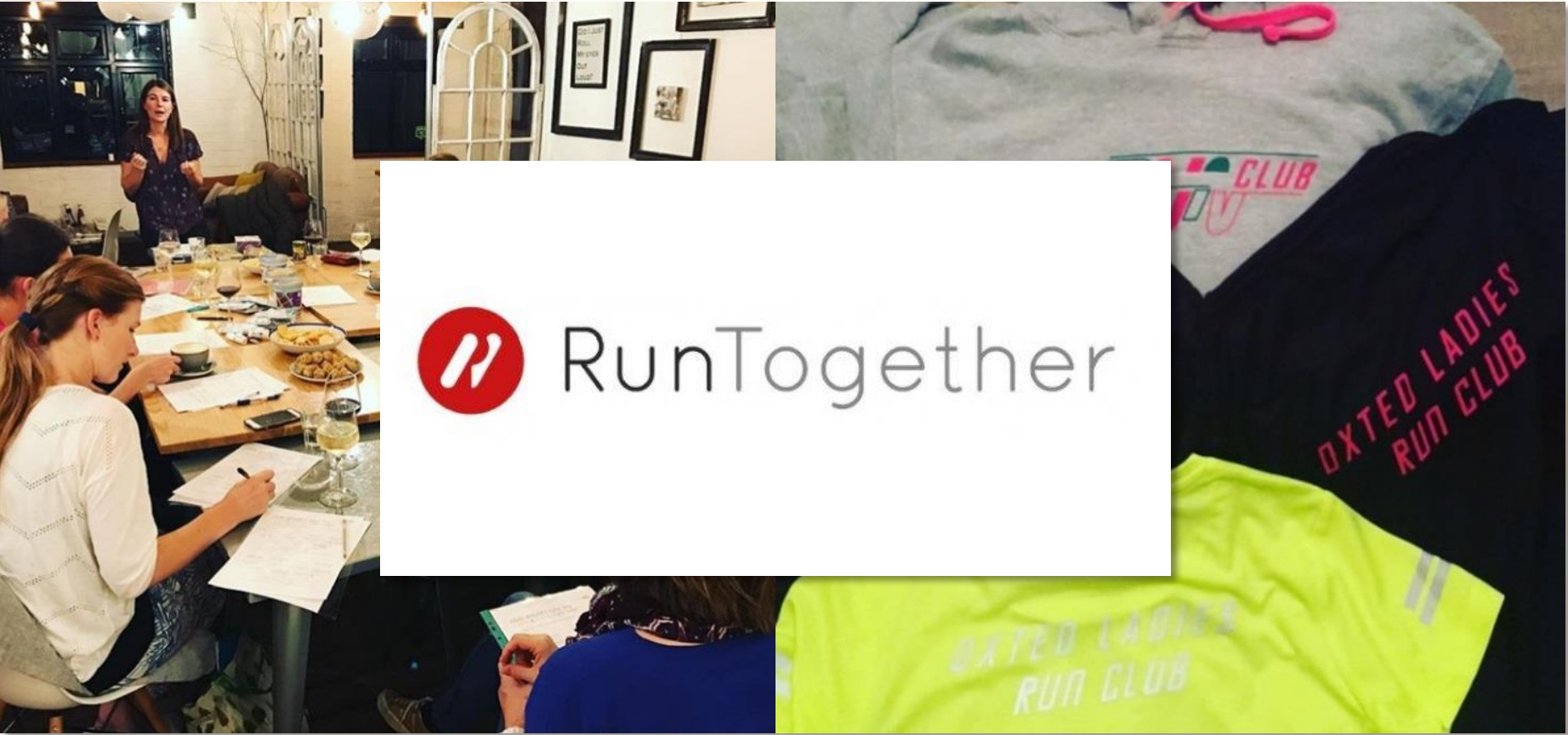
Backing it up with the Research

- Postpartum running is on the rise – WHY?
- Easy
- ‘Bounce back’ phenomenon
- Blyholder et al (2016) more than half of the women were returning to running pre 6 weeks and MSK pain, SUI and abdominal separation were prevalent
- 1.9 million less women exercise per week than men
- Levels of obesity are rising
- Reducing weight by 5% can halve the level of incontinence (Pennine Acute Hospitals NHS Trust, 2015)
- 1 in 10 women now suffer postnatal depression and exercise has been shown to be an effective approach to tackling such problems(MMA)
- We need to strike a **BALANCE**

The Club



The Club



The Club

- The club started with 4 members and now has 65 - between the ages of 28 & 51
- 70% have been coming for more than 1 year
- The club was featured as part of the CSP Love Activity campaigns

100% SOUGHT HELP FROM A WHPT FOR THEIR PFD SINCE JOINING

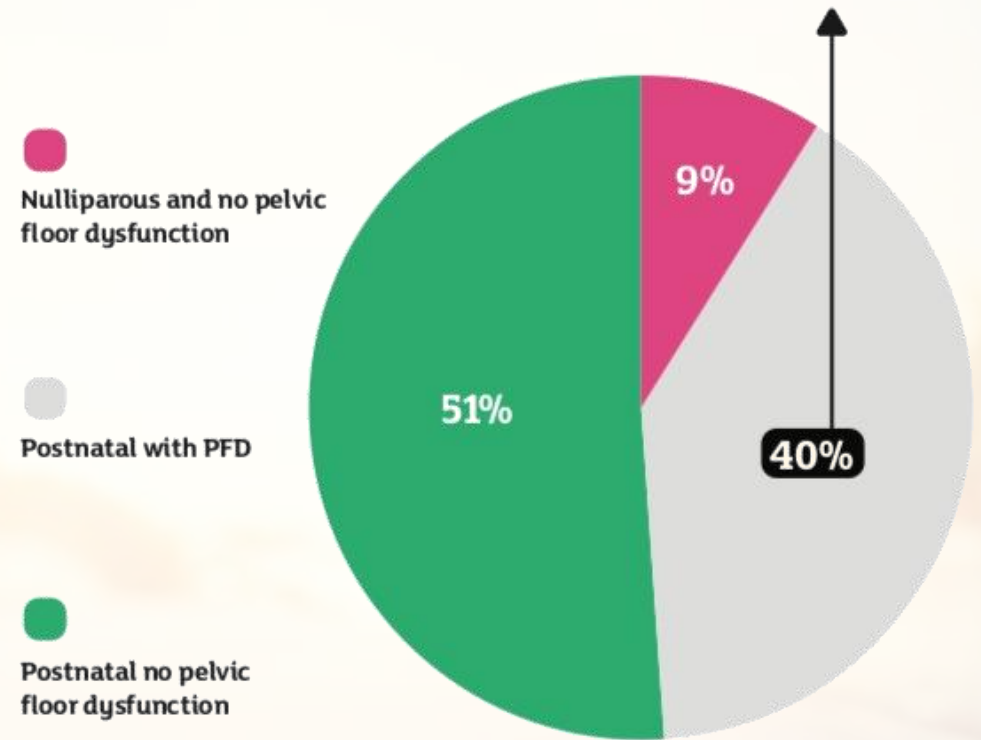


Fig. 1. Percentage of club members with pelvic floor dysfunction

Results



Results

- 'OLRC has got me exercising again! It has massively helped my women's health rehab and created a great friendship network of likeminded ladies. I feel very lucky to be part of it.'
- 'In an age of the busyness epidemic, OLRC has made me feel connected to where I live in many ways: in terms of the community of energetic and intelligent women and the beautiful countryside on our doorstep. There are often so many competing commitments which mean we as women lose sight of our own health and fitness goals. The club has provided a haven of self care as well as a caring sisterhood'.
- 'OLRC has such a lovely positive atmosphere. It is welcoming and encouraging. Having a women's health physio is so brilliant. I feel empowered and it really has made a difference to my life.'
- 'The run club has given me an excuse to get out of the house childfree and focus on myself. It has also been great exercising in a supportive environment. Having been part of many running clubs, my favourite bit about this club is that it's non-competitive and everyone is supported no matter how fast or strong.'



Results



Conclusion

- More women are returning earlier to running post baby and pelvic floor dysfunction can be a consequence of this
- Exercise clubs rarely cater for this population of women
- Women are unaware of the risks of returning to high impact too soon
- Women ideally need guidance
- Currently a lack of research or guidelines in returning women back to running postpartum
- Practical things we as a profession can do, increase education around this topic
- Next step – Grainne Donnelly, Tom Goom and myself have developed some Return to Running guidelines

References

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2. Sport England (2015) Active People Survey 9, Question 2.
3. Verve 2011 The ideal sports club for women Research from the Women's Sport and Fitness Foundation
4. Annual Report of the Chief Medical Officer, 2014
5. Maternal Mental Health Alliance (2018)
6. Blyholder L , Chumanov, E, Carr, K, Heiderscheit, B (2016) Exercise Behaviours and Health Conditions of Runners After Childbirth. Sports Health Vol 9 No 1
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8. Glazener CM, Herbison GP, MacArthur C, et al. New postnatal urinary incontinence: obstetric and other risk factors in primiparae. Br J Obstet Gynaecol. 2006;113:208-217



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