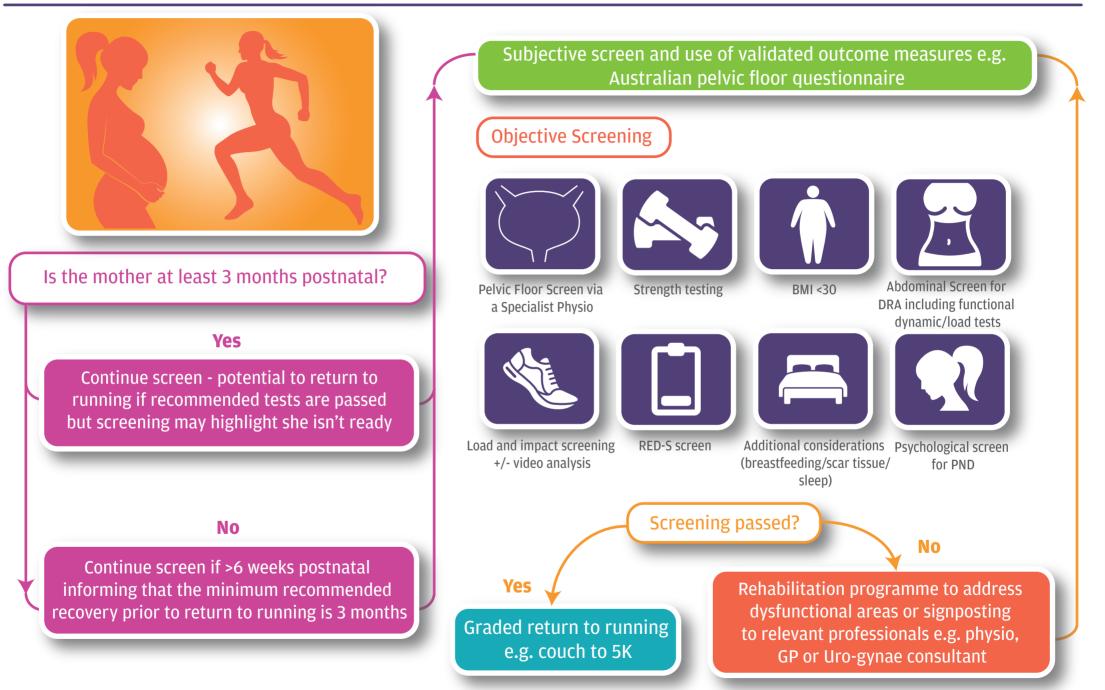
CONSIDERATIONS TO GUIDE RETURN TO POSTNATAL RUNNING



Source - Goom T, Donnelly G & Brockwell E. Returning to running postnatal - Guidelines for medical, health and fitness professionals managing this population. March 2019

