

Supplementary 1. Postpartum questionnaire

1. What is your age in years?
2. Which country do you currently live in?
3. How many children have you had?

Please answer the remaining questions in relation to your most recent birth

4. What mode of delivery did you have?
 - Vaginal delivery
 - Caesarean
 - Assisted vaginal delivery (e.g. vacuum or forceps delivery)
5. Did you experience a perineal tear?
 - Yes - 1st / 2nd degree tear
 - Yes - 3rd degree tear
 - No
6. What date did you give birth? (day/month/year)
7. How many years have you been running for?
8. Did you run during your pregnancy?
 - Yes
 - No
9. Prior to your pregnancy, on average, how many miles would you run a week?
10. Have you returned to your previous level of running since giving birth (e.g. same frequency and distance)?
 - Yes
 - No
 - I haven't returned to running yet
11. How many weeks after giving birth did you undertake your first run?
12. If you haven't return to your previous level of running, on average, how far are you running a week? (miles)

13. On the scale below please report any pain you experience when you run (0 = no pain; 10 = severe pain).

	No pain				Moderate pain				Severe pain			
Breast pain	0	1	2	3	4	5	6	7	8	9	10	
Thoracic pain	0	1	2	3	4	5	6	7	8	9	10	
Abdominal pain	0	1	2	3	4	5	6	7	8	9	10	
Pelvic pain	0	1	2	3	4	5	6	7	8	9	10	
Lower back pain	0	1	2	3	4	5	6	7	8	9	10	
Coccyx pain	0	1	2	3	4	5	6	7	8	9	10	
Leg (incl. hip, thigh, knee, calf, ankle, foot)	0	1	2	3	4	5	6	7	8	9	10	

14. Since returning to running do you believe you have changed how you run?

- Yes
- No

15. Have you ever leaked urine?

Before pregnancy	Yes	No
During pregnancy	Yes	No
Postpartum	Yes	No

16. During what activities did you leak urine before pregnancy? (Choose all of the relevant answers)

- Walking
- Jumping
- Running
- Laughing
- Team sports
- Coughing/sneezing
- Lifting weights

17. During what activities did you leak urine during pregnancy? (Choose all of the relevant answers)

- Walking
- Jumping
- Running
- Laughing
- Team sports
- Coughing/sneezing
- Lifting weights

18. During what activities do you leak urine postpartum? (Choose all of the relevant answers)

- Walking
- Jumping
- Running
- Laughing
- Team sports
- Coughing/sneezing
- Lifting weights

19. Please answer these questions in relation to how you feel about what is happening to your body postpartum

I'm afraid that I might injure myself if I exercise	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
If I were to try to overcome it, my pain would increase	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
My body is telling me I have something dangerously wrong	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
People aren't taking my medical condition seriously enough	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
My child birth has put my body at risk for the rest of my life	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
Pain always means I have injured my body	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
Simply being careful that I do not make any unnecessary movements is the safest thing I can do to prevent my pain from worsening	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
I wouldn't have this much pain if there weren't something potentially dangerous going on in my body	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
Pain lets me know when to stop exercising so that I don't injure myself	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
I can't do all the things normal people do because it's too easy for me to get injured	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
No one should have to exercise when he/she is in pain	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree

20. Do you have any concerns regarding returning to running, if so what are they?

- Leaking urine
- Being self-conscious about changes to body when running outside
- Not knowing how to return in a safe manner
- I don't have any symptoms, but I'm afraid of increasing my risk for symptoms by running
- Heaviness /pressure in the vaginal area
- Faecal/wind incontinence
- Pelvic pain
- Concerned it may affect breastfeeding
- Breast pain
- Tummy separation
- Scar pain
- Other _____
- I have no concerns regarding returning to running