

Supplemental Digital Content: Current Level Evidence Section Levels of Evidence			
Definitions of ‘runner’ and ‘postpartum’	Authors	Study Design	Level of Evidence
	Christopher et al ⁷	Cohort Study	Level III
	Moore et al ⁸	Cohort Study	Level III
	Blyholder et al ⁹	Cohort Study	Level III
	Donnelly et al ¹¹	Cohort Study	Level III
	James et al ¹²	Cohort Study	Level III
	Foch et al ³⁴	Systematic Review and Meta Analysis	Level I
	Kakouris et al ³⁵	Systematic Review	Level I
	Paladine et al ³⁶	Editorial	level V
	Thein-Nissenbaum, J ³⁷	Cohort Study	Level V
	Deering et al ³⁸	Cohort Study	Level III
	Hills et al ³⁹	Cohort Study	Level III
	Deering et al ⁴⁰	Cohort Study	Level III
	Deering et al ⁴¹	Cohort Study	Level III
	Deering et al ⁴²	Cohort Study	Level III
	Christopher et al ⁴³	Cohort Study	Level III
Putnick et al ⁴⁴	Cohort Study	Level III	
Key Milestones that Need to be Assessed/Reached Before Postpartum Return-to-Running	Bo et al ⁶	Consensus statement & systematic review	Level I
	Moore et al ⁸	Cohort Study	Level III
	Blyholder et al ⁹	Cohort Study	Level III
	Christopher et al ⁴³	Clinical Commentary	Level V
	Donnelly et al ¹⁸	Expert opinion	Level V
	Deering et al ³⁸	Cohort Study	Level III
	Hills et al ³⁹	Cohort Study	Level III
	Deering et al ⁴¹	Cohort Study	Level III
	Deering et al ⁴²	Cohort Study	Level III
	Christopher et al ⁴⁵	Cohort Study	Level III
	Christopher et al ¹⁶	Clinical Commentary	Level V
	Guzmán Rojas et al ⁴⁶	Cohort Study	Level III
	Hilde et al ⁴⁷	Cohort Study	Level III
	Hilde et al ⁴⁸	Cohort Study	Level III
	Martin- Martin et al ⁴⁹	Cohort Study	Level III
	Nygaard and Shaw ⁵⁰	Narrative Review	Level V
	Reimers et al ⁵¹	Cohort Study	Level III
Shin et al ⁵²	Narrative Review	Level V	

	Stær-Jensen et al ⁵³	Cohort Study	Level III
	Vermandel et al ⁵⁴	Cohort Study	Level III
	Wallace et al ⁵⁵	Narrative Review	Level V
	Hadizadeh-Talasaz et al ⁵⁶	Systematic review and Meta Analysis	Level I
	Carvalhais et al ⁵⁷	Cohort Study	Level III
	de Mattos Lourenco et al ⁵⁸	Systematic Review	Level I
	Fornier et al ⁵⁹	Cohort Study	Level III
	NICE Guidelines ⁶⁰	Review	Level V
	Borello-France et al ⁶¹	Cohort study	Level III
	Blomquist et al ⁶²	Cohort study	Level III
	Moser et al ⁶³	Systematic Review	Level I
	Woodley et al ⁶⁴	Cochrane Review	Level I
	Peterson et al ⁶⁵	Systematic review and Meta Analysis	Level I
	Gluppe et al ⁶⁶	Cohort Study	Level III
	Fuentes Aparicioa et al ⁶⁷	Systematic Review	Level I
	Sperstad et al ⁶⁸	Cohort Study	Level III
	Eriksson Crommert et al ⁶⁹	Cohort Study	Level III
	Eriksson Crommert et al ⁷⁰	Cohort Study	Level III
	Gluppe et al ⁷¹	Systematic Review and Meta Analysis	Level I
	Carlstedt et al ⁷²	Narrative Review	Level V
	Gluppe et al ⁷³	Randomized Control Trial	Level I
	Goossens et al ⁷⁴	Systematic review	Level I
	Bagwell et al ⁷⁵	Cohort study	Level III
	Ramachandra et al ⁷⁶	Cohort study	Level III
	Han et al ⁷⁷	Systematic review and meta-analysis	Level I
	Plastaras et al ⁷⁸	Narrative Review	Level V
	van der Worp et al ⁷⁹	Systematic review	Level I
	West et al ⁸⁰	Systematic review and meta-analysis	Level I
Load and impact screening	Christopher et al ¹⁶	Clinical Commentary	Level V
	Donnelly et al ¹⁷	Clinical Commentary	Level V
	Donnelly et al ¹⁸	Expert opinion	Level V
	Goom et al ¹⁹	Expert opinion (Grey literature)	Level V
	Deering et al ²⁰	Clinical Commentary	Level V

	Harrison et al ⁸¹	Cohort study	Level III
	Goodson et al ⁸²	Cohort study	Level III
	Casey and Temme ⁸³	Narrative Review	Level V
	Pires et al ⁸⁴	Systematic Review & Meta-Analysis	Level I
	Nygaard and Shaw ⁵⁰	Narrative Review	Level V
Screening for biopsychosocial milestones	Bo et al ⁶	Consensus statement with systematic review	Level I
	Christopher et al ⁷	Cohort study	Level III
	Moore et al ⁸	Cohort study	Level III
	Davenport et al ¹³	Cohort Study	Level III
	Christopher et al ¹⁶	Clinical Commentary	Level V
	Donnelly et al ¹⁷	Clinical Commentary	Level V
	Donnelly et al ¹⁸	Expert opinion	Level V
	Goom et al ¹⁹	Expert opinion	Level V
	Deering et al ²⁰	Viewpoint	Level V
	Deering et al ²³	Consensus Statement	Level V
	Donnelly et al ²¹	Editorial	Level V
	Christopher et al ⁴⁵	Consensus Statement	Level V
	Christopher et al ⁸⁵	Systematic Review	Level I
	Whitney et al ⁸⁶	Cohort study	Level III
	Ackerman et al ⁸⁷	Cohort study	Level III
	Deering and Mountjoy ⁸⁸	Editorial	Level V
	Kołomańska-Bogucka ⁸⁹	Qualitative Review	Level V
Kimber et al ⁹⁰	Systematic Review and meta-analysis	Level I	
Support items/adjuncts for return to running	Christopher et al ¹⁶	Clinical Commentary	Level V
	Bugge et al ⁹¹	Cochrane Review	Level I
	Lipp et al ⁹²	Cochrane Review	Level I
	Dufour et al ⁹³	Clinical Practice Guideline	Level V
	Dakic et al ⁹⁴	Cohort Study	Level III
	Brennand et al ⁹⁵	Cohort Study	Level III
	Culleton-Quinn ⁹⁶	Systematic Review	Level I
	McGhee and Steele ⁹⁷	Narrative Review	Level V
	Risius et al ⁹⁸	Narrative Review	Level V
	Barbage and Cameron ⁹⁹	Cohort Study	Level III
	Nolte et al ¹⁰⁰	Cohort Study	Level III

	Brisbine et al ¹⁰¹	Cohort Study	Level III
	Coltman et al ¹⁰³	Cohort Study	Level III
	Fong and Powell ¹⁰⁴	Cohort Study	Level III
	Morris et al ¹⁰²	Cohort Study	Level V
	Alcantara and Wall-Scheffler ¹⁰⁵	Cohort Study	Level III
	Sandbakk et al ¹⁰⁶	Cohort Study	Level III
	O'Sullivan et al ¹⁰⁷	Cohort Study	Level III
	Szkwarra et al ¹⁰⁸	Systematic Review	Level I
	Gavrilov et al ¹⁰⁹	Cohort Study	Level III
	Szkwarra et al ¹¹⁰	Quasi-experimental Controlled Study	Level III
	Okayama et al ¹¹¹	Randomized Control Trial	Level I
	Milner et al ¹¹²	Cohort Study	Level III
	Fitzgerald et al ¹¹³	Cohort Study	Level III
	Arumugam et al ¹¹⁴	Cohort Study	Level III
	Hammer et al ¹¹⁵	Cohort Study	Level III
	Soisson et al ¹¹⁶	Cohort Study	Level III
	Toyohara et al ¹¹⁷	Biomechanical perspective	Level V
	Jobanputra and Patil ¹¹⁸	Narrative Review	Level V
	Ptaszkowska et al ¹¹⁹	Randomized Control Trial	Level II
	Malhotra et al ¹²⁰	Randomized Control Trial	Level II
	Watcharakhueankhan et al ¹²¹	Cohort Study	Level III
	Ozmen et al ¹²²	Cohort Study	Level III
	Rogan and Baur ¹²³	Cohort Study	Level III
Education Topics for Postpartum Runners	Bo et al ⁶	Consensus statement with Systematic Review	Level I
	Christopher et al ⁷	Cohort Study	Level III
	Moore et al ⁸	Cohort Study	Level III
	Donnelly et al ¹¹	Cohort Study	Level III
	James et al ¹²	Cohort Study	Level III
	Christopher et al ¹⁶	Clinical Commentary	Level V
	Donnelly et al ¹⁷	Clinical Commentary	Level V
	Donnelly et al ¹⁸	Expert Opinion	Level V
	Deering et al ²³	Consensus Statement	Level V
	Deering et al ²⁰	Clinical Commentary	Level V

	Donnelly et al ²¹	Editorial	Level V
	Nielsen et al ¹³³	Clinical Commentary	Level V
	Ramskov et al ¹³⁴	Randomized Control Trial	Level I
	Nielsen et al ¹³⁵	Cohort study	Level III
	Ndikom et al ¹³⁶	Cochrane Review	Level I
	Bardosono et al ¹³⁷	Cohort study	Level III
	Lee and Kelleher ¹³⁸	Review	Level V
	Nutrient Reference Values for Australia and New Zealand ¹³⁹	Position Statement	Level V
Other considerations for readiness to return-to-running after childbirth	Christopher et al ¹⁶	Clinical Commentary	Level V
	Deering et al ²⁰	Viewpoint	Level V
	Donnelly et al ²¹	Editorial	Level V
	Tousignant-Laflamme et al ¹²⁴	Systematic Review	Level I
	Hoffmann et al ¹²⁵	Narrative Review	Level V
	Makama et al ¹²⁶	Systematic Review	Level I
	Edie et al ¹²⁷	Systematic Review	Level I
	ACOG Practice Bulletin ¹²⁸	Position Statement	Level V
	Symonds and Arulkumaran ¹²⁹	Textbook	Level V
	Christopher et al ⁷	Cohort Study	Level III
	Moore et al ⁸	Cohort Study	Level III
	James et al ¹²	Cohort Study	Level III
	Christopher et al ⁴⁵	Consensus Statement	Level V
	van Gent et al ¹³⁰	Systematic Review	Level I
	Arnold and Moody ¹³¹	Narrative Review	Level V
Bo et al ¹³²	Systematic Review	Level I	
Timeline for returning to running	Bo et al ⁶	Consensus Statement	Level I
	Christopher et al ⁷	Cohort Study	Level III
	Moore et al ⁸	Cohort Study	Level III
	Blyholder et al ⁹	Cohort Study	Level III
	James et al ¹²	Cohort Study	Level III
	Hilde et al ⁴⁷	Cohort Study	Level III
	Hilde et al ⁴⁸	Cohort Study	Level III
	Stær-Jensen et al ⁵³	Cohort Study	Level III
	Kimber et al ⁹⁰	Systematic Review and Meta Analysis	Level I
	Symonds and Arulkumaran ¹²⁹	Textbook	Level V
	Tilak et al ¹⁴⁰	Cohort Study	Level III

Li et al ¹⁴¹	Cohort Study	Level III
Snydal ¹⁴²	Narrative Review	Level V
ACOG Committee Opinion ¹⁴³	Opinion	Level V
Tennfjord et al ¹⁴⁴	Cohort Study	Level III
Nygaard et al ¹⁴⁵	Cohort Study	Level III
Darroch et al ¹⁴⁶	Cohort Study	Level III
Rodríguez-López et al ¹⁴⁷	Cohort Study	Level III
Mahoney et al ¹⁴⁸	Cohort Study	Level III