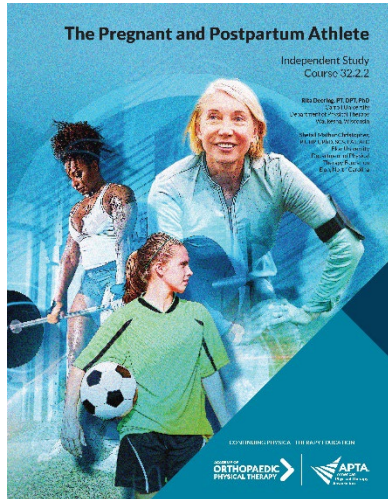


Reading List

The Pregnant and Postpartum Athlete



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Christopher SM, Gallagher S, Olson A, Cichowski S, Deering RE. Rehabilitation of the postpartum runner: a 4-phase approach. *Journal of Women's Health Physical Therapy*. 2022;46(2):73-86. doi:10.1097/JWH.0000000000000230

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