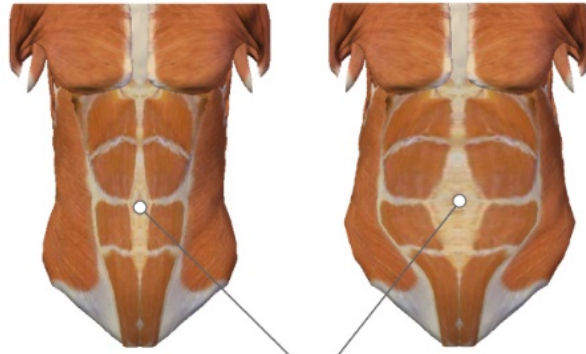




How to correct Diastasis recti

Diastasis Recti



Separation of the Rectus Abdominis
as the abdomen expands

source: visiblebody & core concepts

Diastasis Recti is separation of the abdominal muscles, often due to pregnancy.

It's considered resolved and you're no longer at risk of hernia or prolapse when your muscles have pulled back together to less than 1 - 2 finger widths, your connective tissue has regained its former density and elasticity, and your midline is strong giving you stability and support.

It's important to measure the separation before any exercise, especially impact like running or weight lifting, and that you are strengthening the body's core and internal "girdle": the pelvic floor and deep abdominal muscles (TvA). If they lack adequate strength and control the abdominal wall can bulge out on effort, which stretches the midline and will make the split worse.

Separation Test

- ↓ lie on your back with your knees bent, feet on the floor
- ↓ place one hand on your tummy, with your fingertips on your belly button
- ↓ with your tummy relaxed, gently press your fingertips, then lift your head, then upper body off the floor, so that your ribcage moves closer to your pelvis.
- ↓ move your fingertips back and forth, feeling for the right and left sides of your rectus abdominis muscle
- ↓ measure the distance between these sides above and below your belly button.