

Diastasis Recti

During pregnancy it is normal for your abdominal muscles separate, leaving a gap near your belly button, this is called "diastasis recti".

- To check for diastasis recti, lie flat on your back and lift your chin towards your chest and your shoulders up, while in this position feel the center of your abdomen for a soft area where muscles may have separated.
- Activities such as sit ups and planks can worsen this condition.
- The following activities can help bring muscles back together as well as strengthening your core without the risk of damage.

Belly Squeeze

- Sitting tall in a chair with your feet on the floor, slowly pull your belly button as close to your spine as possible.
- Hold for 10 seconds, or as long is comfortable.
- Slowly release and repeat.

Recti Persuasion

- Lying flat on the floor as in constructive resting, cross your arms over your abdomen.
- Breathe in deeply and pull your abdominals together as you slowly exhale.
- Repeat up to as many times as is comfortable.

Gravity helper

- On hands and knees with hands and knees placed squarely on the floor, inhale and exhale normally.
- Exhale the remaining air forcefully while tightening your abdominal muscles.



NO DIASTASIS

DIASTASIS RECTI
DURING PREGNANCY

DIASTASIS RECTI
AFTER PREGNANCY

Lower Back

Hip curl

- Lie on the floor or bed as in constructive resting with feet shoulder width apart and arms at your side with palms down.
- With your lower back firmly planted, exhale and curl your pelvis up to 3 inches and hold, do not strain.
- Slowly inhale and relax your pelvis back on to the floor.
- Limit yourself to 5-10 times in the first week, you may add more as your strength is regained.

Knee Hug

- On a cushioned surface, lie as in constructive resting with arms at your side.
- Exhale and bring your knees to your chest, keeping your back straight and on the floor.
- Use your arms to hug your knees to your chest.
- Rock the lower portion of your spine.
- Roll gently to your right and left sides.

Abdominals

Side to Side

- Lie on the floor as in constructive resting with your arms at your side.
- Exhaling with your chin tucked to your chest, lift your head and arms toward the right side of your knees.
- Inhale and slowly release back to the floor.
- Exhale and repeat towards your left side.
- Stop if you feel strained.

Created by: Kindra Jones, Student midwife

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Images:

<https://femogeneragone.com/self-help/constructive-rest/>

<http://healthandexercise coaching.com/exercise-after-pregnancy/>

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