
DIASTASIS RECTI

definition

A widening of the connective tissue between the 'six-pack' abdominal muscles (rectus abdominus), creating a gap. This occurs in more than half of women following pregnancy.

symptoms

A diastasis recti is linked with low back pain, pelvic floor dysfunction, poor posture and incontinence, and may be noticed most when lifting or exercising. The body is unable to maintain tension across the core muscles; it may also cause a 'belly pooch.'

diagnosis

Often missed (or dismissed) by physicians, a diastasis recti is diagnosed with a simple physical examination to determine the distance between the abdominal muscles during contraction. It's often measured in finger-widths.

PT

A customized core strengthening program - one that focuses on the entire core - can restore proper abdominal and core mechanics. By building tension across the core, PT can naturally bring the abdominal muscles closer together and allow for a safe return to activity and exercise.



pelvic floor physical therapy is the most proven treatment for diastasis recti

Working with a pelvic floor physical therapist can rebuild core strength following pregnancy, no matter how long it's been since childbirth. By creating a dynamic tension across the core, strengthening resolves symptoms and naturally pulls the abdominal muscles back to restore function. In addition, manual therapy can help resolve associated symptoms like incontinence, low back pain, and painful intercourse.

multi-disciplinary approach

PATIENTS ALWAYS BENEFIT FROM A MULTI-DISCIPLINARY APPROACH IN ADDITION TO PHYSICAL THERAPY. THIS CAN INCLUDE ONE OR MORE OF THE FOLLOWING:

Lowering stress levels with gentle exercise, meditation, yoga, or deep breathing can reverse nervous system upregulation. and promote improved healing.

STRESS RELIEF

A healthy, balanced diet gives the body the building blocks to rebuild core muscle and connective tissue following childbirth.

DIET & NUTRITION

Gradually returning to exercise is key with the right 'pace.' Exercise should focus on building coordination of the core muscles and progressing to more intense exercise with a solid foundation.

EXERCISE

For a small percentage of cases, surgery may be indicated if there is a concurrent hernia. This option should be a last resort and performed only after pelvic physical therapy to optimize the surgical outcomes.

SURGERY

additional resources

www.PelvicSanity.com/diastasis-recti

Finding Pelvic Sanity Online Support Group (www.Facebook.com/groups/FindingPelvicSanity)
