

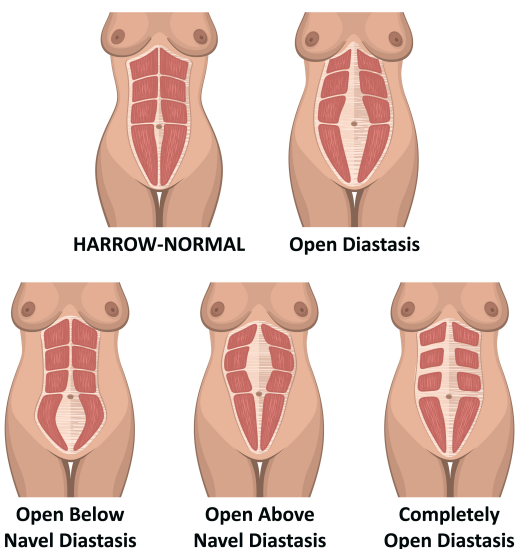
UP STUDIO SUNSHINE COAST
PALMWOODS & CALOUNDRA WEST

What is Recti Abdominis Diastasis?

During pregnancy, the growing uterus stretches the muscles in the abdomen. This can cause the two large parallel bands of muscles (Recti Abdominus) that meet in the middle of the abdomen to separate. It may cause a bulge in the middle of the abdomen where the two muscles separate. It can also occur in babies, men and children as it is related to internal abdominal pressure, which can often occur in obesity, surgery and injury.

Diastasis is determined as a gap of more than 2.7cm (2-3 finger width) between the abdominal muscles and can contribute to chronic back pain as well as pelvic floor dysfunction.

DIFFERENT VARIATIONS OF DIASTASIS RECTI



RECTI ABDOMINIS DIASTASIS V HARROW - NORMAL

What is the Difference Between a Hernia & Diastasis?

A Diastasis is the separation of the muscles with the fascia still in tact while Hernia is a hole in the fascia. Diastasis can be healed through progressive and specific exercises, Hernias can only be fixed through surgery.

How to check for Diastasis.

1. Lie on your back with your knees bent, feet flat on the floor
2. Place your fingers with the palm facing you on your belly button
3. Lift your head and neck just slightly off the floor while you press down with your fingers. If there is a gap, that is the Diastasis.
4. Conduct the same test just above your belly button and just below the belly button (gap can measure differently in these places)

Normal Yes / No

Above Navel _____cm

Below Navel _____cm

What Exercises Should You Avoid with Diastasis?

Crunches, Sit-ups, Planks, Downward Dog, Cobra and any exercise that causes intra abdominal pressure, rib flaring or lower back arching, when performed, should be avoided until Diastasis has healed. This is because this severe pressure will push your organs outwards against or through the gap, causing a hernia. The important questions to ask when performing any exercise are:

1. Does this exercise cause my abs to bulge forward?
2. Can I perform this exercise without my ribs flaring?
3. Does this exercise cause my lower back to arch?

What Muscles Should I Strengthen To Help Heal Diastasis?

There are two main muscles that need to be strengthened to help heal Recti Abdominis Diastasis. These two muscles both stabilise the lower back and pelvis and are strengthened through isometric contractions of the core.

1. Transverse Abdominis - which acts as your body's corset
2. Pelvic Floor - supports the bladder, womb and bowel

7 Exercises To Heal Diastasis

Perform the following exercises every day. You could be driving in the car, sitting at your desk or nursing you baby.

1. Transverse Core Contractions: Draw in from the front abdominals while simultaneously drawing in the lower back muscles. Do not arch for back or flare your ribs. Inhale through your nose and exhale forcefully through your mouth making a H sound with each pulse. 3 sets x 30 secs pulse / 30 secs hold drawing in more each time.
2. Elevator Pelvic Floor Lifts: Draw up your pelvic floor as though stopping your pee mid stream and keep drawing up as though you are taking your muscle up and elevator. How many floors did you reach? _____
3. Pelvic Floor Pulses : Now draw up your pelvic floor as high as you can while relaxing your shoulders, slightly release and draw up. 3 sets x 30 pulses.

Perform the following exercises 3 times a week.

1. Tabletop with Core Contractions 3 sets x 3mins
2. Wall Sit with Core Contractions 3 sets x 30secs - 3mins
3. Side Planks with Core Contractions 3 sets 30secs - 3mins each side
4. Toe Taps with Core Contractions 3 sets x 10 each leg

We specialise in classes that focus on the Transverse Abdominis and Pelvic Floor. Ask for more details, Call 0429 958 830 or visit us www.upstudiosunshinecoast.com.au.

