

Test for Diastasis Recti

Lay down

Lay down and put your feet on the floor like you are getting ready to do a crunch or a sit up.



Fingers on belly button

Place 3 fingers parallel to the belly button, gently pressing down towards the belly button. Notice if the area is soft and squishy or if its firm.



Lift head up

Bring head up off the floor, don't bring shoulders up, just head and notice if the area gets squishier or less squishy. Also, you will want to feel how the abdominal muscles come together. Do they pull into the fingers or do they stay separated?



Test above & below

Complete the same thing about an inch above the belly button and again feel for squishiness or if it's tight along with separation of the abs and also test 1 inch below the belly button.



What does it mean?

If there is squishyness or ab separation in any of the areas when you lift your head up than you are dealing with Diastasis Recti. Depending on the severity and whether or not the area firms up when you press down will depend on what action you should take. Email me at courtney@formfitnaples.com to schedule a call to discuss further.



5 exercises for Diastasis Recti

click on picture for video explanation

Breathing

Lie on your mat in a child's pose position. Bring knees directly under your body so that when you breathe your stomach is not able to expand much. Take a deep breathe in and feel how the back ribs expand. Practice 3 to 5 breaths in this position, practicing expanding more through the back each time.



90 90 breathing

Lie on your back and place your feet on a wall or stable surface. Make sure your pelvis is neutral (no arch in low back). Press your heels into the wall to activate the hamstrings without clenching the glutes. Breathe into this position, trying to ensure the stomach stays flat. (You may need to place a towel under your head if this position is uncomfortable).



Headlift w/ core

Lying on your back with pelvis in neutral, you are going to lift your head up off the mat gently. Place your hands on your belly to see how it is responding. All muscles should be working together so you shouldn't feel a bulging of the middle muscles, your belly should remain in the same position it was prior to lifting your head. Practice 8-10 of these.



Deadbug

Lie on the mat and bring one leg up to 90 degree position. Bring the opposite hand to thigh and you are going to press the hand into the leg while pressing the leg into the hand. This counter pressure will activate the core. Again pay attention to how the core muscles respond. You don't want the middle (rectus) muscle to take over, you want all the muscles working together. Press for 30 seconds on each side.



Hands & Knees

On all fours, you are going to relax your belly towards the floor. Think about activating the core by pulling all the core muscles back to the spine. You will feel your back start to flatten out without having to move the pelvis. You should also feel the core active and working, practice breathing while in this position and hold for about 30 seconds.

