Diastasis Rectus Abdominus

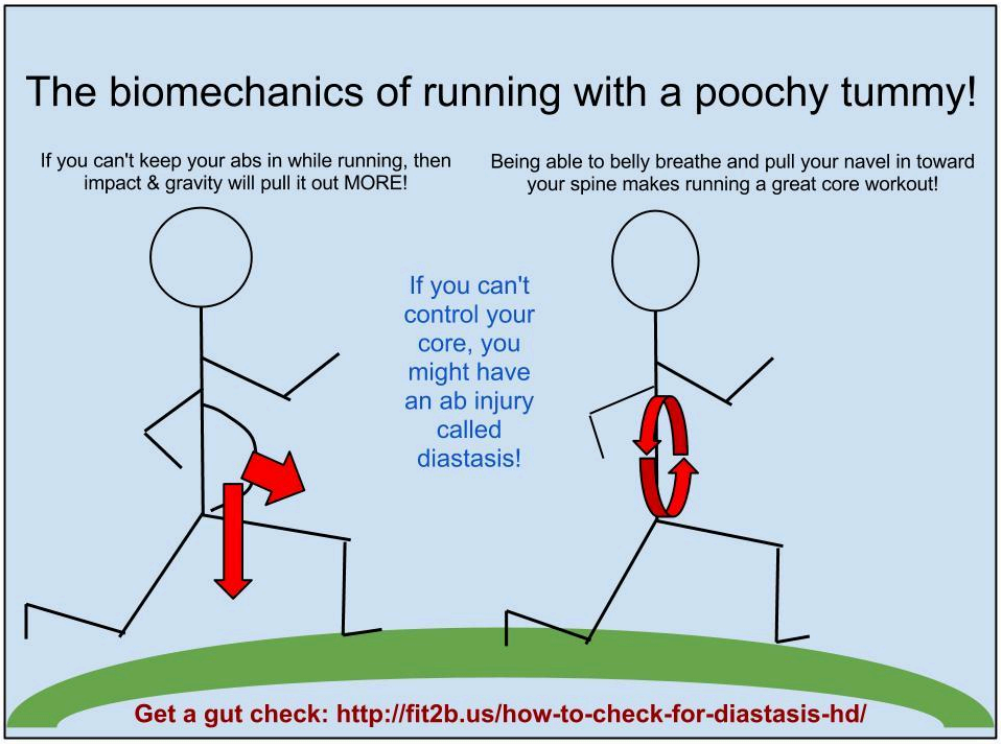
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Diastasis Recti Abdominis (DRA) or “diastasis recti” is thinning and spreading of the connective tissue (linea alba) that is meant to interlace the two sides of your abdominals rectus abdominus muscles (six pack), internal and external obliques, and transverse abdominus together down your center. When your abdominals shift far enough apart, it can create a “dip” or “gap” down your middle which then may compromise your core’s ability to support your posture, breath and movement mechanics.

1. **What causes the abdominal muscles to shift apart like this?**
    a. Sustained intra-abdominal pressure: pregnancy, poor posture, bloating, constipation, intra-abdominal fat/obesity, bracing while lifting, etc.
    b. Abdominal surgery which severs the connection of nerves and muscles
    c. Repetitive, forceful stress on the connective tissue of the abdominals
        i. Bearing down while pushing during bowel movements or labor.
        ii. Frequent hyperextension of the spine: gymnastics, yoga, butterfly stroke, etc.
        iii. Frequent spinal flexion: sit ups, crunches or curl-ups, jackknife motions, Pilates roll ups, Forward Fold, Pyramid, etc.

2. **What kind of health problems are associated with DRA?**
    a. Separated abs will not hold the organs in the optimal positions which enable them to function properly, leading to bowel displacement, prolapse, etc.
    b. Hernias are more likely to be present in very thin fascia. As the fascia is mechanically stimulated by restorative exercises, and it begins to thicken and pull the abs back together, many small hernias will often resolve.
    c. Chronic lower back pain - The abs are designed to be a type of “corset” that holds us up, protecting a part of our brain, the spinal cord. If the corset’s lacing is loosened, the spine won’t be supported properly.
    d. Depression and anxiety - All of the above issues diminish a person’s desire to exercise, and a reduction in symptoms of depression and anxiety have been noted by clinicians who successfully treat DRA (Kelly Dean, LPT of thetummyteam.com)

3. **What can be done to fix and/or prevent diastasis recti?**
    a. Check yourself at fit2b.com > Diastasis
    b. Seek abdominal rehab: Find someone local to you who specializes in core rehabilitation.
    c. Attention to Alignment: The way you sit and stand can either reduce or increase the pressure in your tummy. Learn about neutral alignment and use it in all you do.
    d. Avoid crunch-like motions, situps, planks and high-impact activities. You may resume planks, running and jumping ONLY once your diastasis has narrowed to a functional width and you can engage your core properly with each exhale as you exhert yourself.
    e. When working out, utilize motions that are “TummySafe” so that you exercise in a manner that doesn’t further pressurize your core. At fit2b.com you will find over 100 routines and multiple educational resources to help you further improve you core.



Bellies

R A P R O S T A T E U E K C A P X I S G
C P B E U H A T R S C L L X J A I G E S
P T A D R E B O P N B I L L S I J L U E
K Q C T O U C M E Y R N P J U C M U Q H
A I G W T M T N B U E E H J E S P T I C
I T C E R S I S A T S A I D G A R E L N
Y G Z P A T O N O P M A Q E Y F O S B U
L H E R N I A Y A P E L V I C F L O O R
L Y V O S V J V G L M B U R C R A Y N C
E F C W V W O D K R S A J M O K P X Z O
B N R V E Y P R O B I O T I C S S G V N
I I N A R O T A V E L R S I O C E V R J
J V I S S T N E M N G I L A B Y M M U T
J Y P R E G N A N C Y U A R U U M U F R
F F C V T S S E N E R A W A P D K F A L

ABDOMINALS
BELLY
FASCIA
INCONTINENCE
NOCRUNCHES
POSTURE
PROLAPSE
SIXPACK
ALIGNMENT
CORE
GLUTES
LEVATORANI
OBLIQUES
PREGNANCY
PROSTATE
TRANSVERSE
AWARENESS
DIASTASISRECTI
HERNIA
LINEAALBA
PELVICFLOOR
PROBIOTICS
PUBOCOCCYGEUS
TUMMY