

DIASTASTIS RECTI OF THE ABDOMINALS

FACTSHEET TEN



Congratulations!

Having a baby is such an exciting time and you might hear a lot about baby massage but not know why it's so important. We've created this factsheet with you in mind. If you still have any further questions, do email us at:

hello@edinburghbirthandbaby.com

www.edinburghbirthandbaby.com

WHAT IS DIASTASIS RECTI?

What is Diastasis Recti?

In short, it's a gap in between your right and left abdominal wall muscles that can result in a rounded, protruding belly.

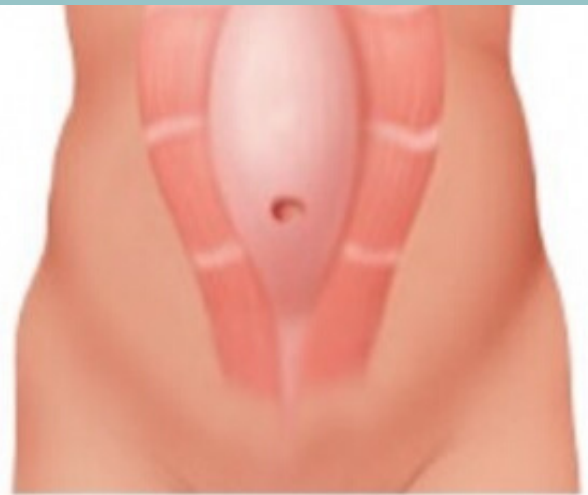
How to self check if you had Diastasis Recti after birth

It's easy to perform a self-test for Diastasis Recti. Just lie on your back with your knees bent and feet on the floor.

Put one hand on your belly, with your fingers on your midline at your navel. Press your fingertips down gently, and bring your head (shoulders stay on the ground) up into a mini crunch-like position. Feel for the sides of your rectus abdominis muscles, and see if and how far they are separated. Separation is commonly discussed in terms of finger widths - for instance, two or three fingers separation.



Normal



Diastasis Recti

CLOSING THE ABDOMINAL SEPARATION GAP (DIASTASIS RECTI)

The aim is to close the gap within the first 6 weeks. As well as Pilates these things can all help you to heal.

Nutrition and Hydration

- Vitamins C and A, and zinc, are important for collagen regeneration, and helping muscle fibres to become taut.
- Protein, which is a component of every cell in the body, also plays a big role in repairing damaged tissue.
- Eat iron-rich foods like beef, broccoli and apricots to make sure you're getting enough.
- Water is crucial for detoxifying and hydrating connective tissue, and for boosting circulation.
- mindful breathing supports relaxation and lowers stress and when you use your diaphragm muscle to breath you are helping to align your body correctly and creating a pumping cycle in your body that helps reduce pressure that may have caused the diastasis in the first place.
- Posture- We must adjust our alignment, that caused the pressure build and the gap to appear.
- Learning to manage the daily load- correct and mindful moving and handling impact massively on our recovery.
- Stress levels - A stressed body will not get better, so try your very hardest to find ways to rest and relax every day.

PRE & POST NATAL PILATES

The stronger your abdominals are or were before pregnancy, less are the chances to have an increased Diastasis Recti during pregnancy and quicker your recovery will be soon after delivery.

Your body will feel stronger and you will be able to support your baby pump throughout the entire pregnancy and avoid problems such as: back pain, neck pain, PSD (Pubic Syndrome Dysfunction).

Pilates is an effective method to of maintaining and improving the strength of the deeper layers of the abdominals and your entire body throughout pregnancy efficiently and impact free.

If you would like to find out more about the benefits of pre and post natal pilates, please contact **Sabrina Severo, founder of The Pilates Studio Edinburgh.**

Sabrina runs group and private pre and post natal classes from her studio in Portobello.

Sabrina@thepilatesstudioedinburgh.co.uk

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If you have any other questions about Diastasis Recti please email us at

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