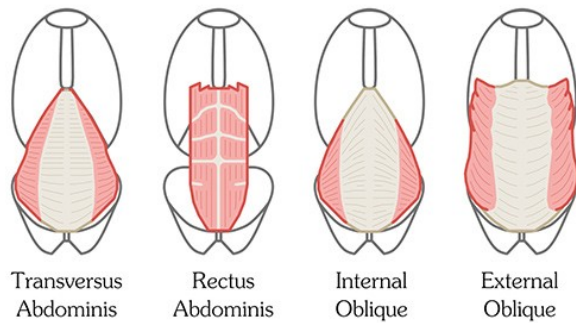


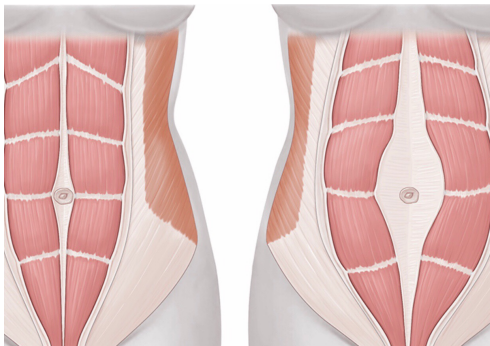
Abdominal Layers



Signs of ab weakness:

1. Back, hip or pelvic pain
2. Difficulty standing for long periods of time
3. Poor balance
4. Poor posture
5. Difficulty lifting, carrying, pushing or pulling objects
6. A feeling of exhaustion in the abs after light activity
7. Rounded stomach

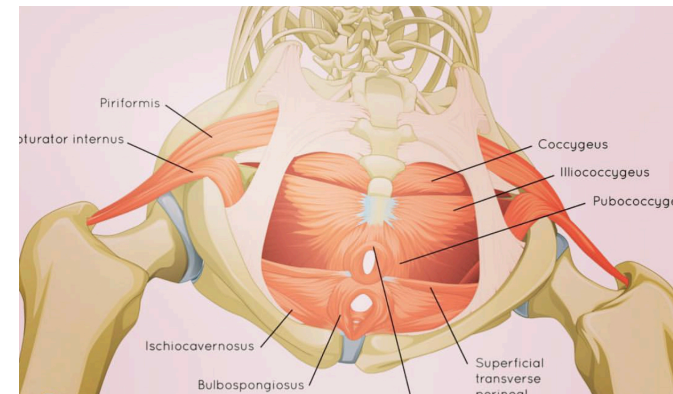
Diastasis Recti



What to avoid:

1. Sit ups
2. Crunches/pilates 100s/bicycle crunches
3. Leg lifts + oblique leg lifts
4. Russian twist abs
5. Ab machines
6. Hanging leg raises
7. Pull ups
8. Planks

Pelvic Floor Structure



Signs of pelvic floor dysfunction:

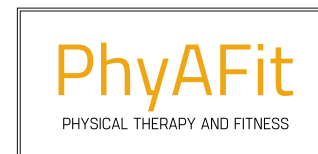
1. Hip or pelvic pain
2. Increased urinary frequency (more than every 3-4 hours)
3. Constipation
4. Low back pain
5. Painful intercourse
6. Painful urination or bowel movements
7. Stress incontinence-leaking urine with cough, sneeze, laugh, run, jump, lift etc.

It's okay to do a kegel if:

1. They are pain-free
2. You know how to do a kegel correctly (many don't)
3. You're not having pelvic pain or pain with sex
4. You had a vaginal delivery without tearing

Avoid a kegel if:

1. Your pelvic pain isn't getting better or is getting worse
2. You aren't sure if you're doing it correctly or if you feel abnormal pressure in your butt, stomach, or groin when you do them.
3. If you just had a c-section or vaginal birth with tearing.



Helping new moms reconnect to their bodies after baby through modernized physical therapy in the comfort of their home or office.
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