



DIASTASIS RECTI & MASSAGE

Did you know that all women experience separation or stretching of the tissue between the Rectus Abdominis muscles during pregnancy and that it persists in 60% of women postpartum.

Diastasis Recti can also affect men and non-pregnant women. It may be observed in individuals that lift heavy weights or lift weights with poor form as this condition is caused by excessive intra-abdominal pressure.

Diastasis Recti usually presents as a “FUPA” and with Coning during Rectus Abdominis contraction.



Massage Therapy

Hands on treatment is a necessity during your healing journey. RMTs are trained to release tissue that may be pulling the abdominals outward, increase blood flow to aid in healing tissues and removing lactic acid and they are also trained to provide exercises and strategies to help tone the appropriate muscles.



Here's What I Did...^{**}

Step

01

Assess the Situation

- Self Assessment
- Pelvic Physiotherapy

Step

02

Core and Pelvic Floor

- Focus on engaging Pelvic floor with exercises from Physio session
- Belly Breathing
- Dead Bug / Bird Dog

Step

03

Working Out

- Return to working out with significantly less weight / no weight
- Continue to work on breathing and pelvic floor engagement while working out

Step

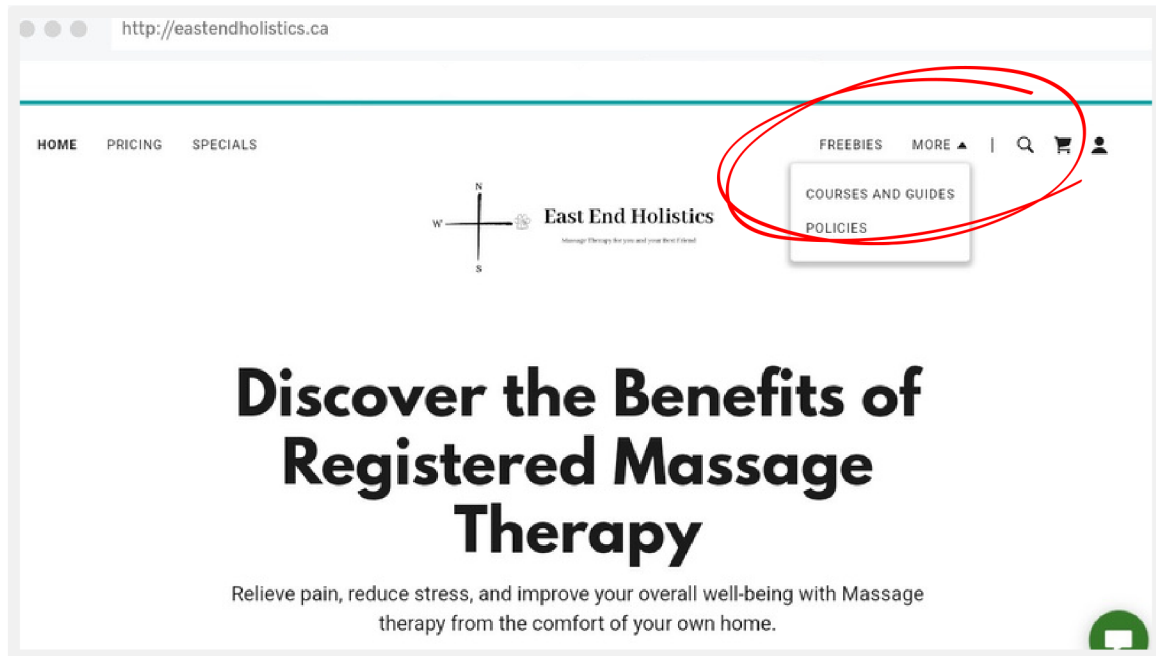
04

Lifting Heavy

- Start to increase weight progressively*
- Continue to work on breathing and pelvic floor engagement while lifting

*I am still not lifting as heavily as I was Pre-Pregnancy
**Always consult a professional to start a personalized plan. This is what worked for me and may not work for everyone.





Did you find that guide helpful?

Click on the Courses and Guides Tab for more information.

Course Overview

- How to start healing your Diastasis Recti
- What not to do
- How Registered Massage Therapy can help and what the Treatment Plan looks like

You won't be disappointed!