



SPLIT DOWN THE MIDDLE: REBUILDING YOUR CLIENT'S DIASTASIS

Diastasis Recti Myths, busted

1. NOT an injury; they're a natural adaptation during pregnancy
2. Occurs in 100% of pregnancies
3. NOT painful
4. 2/3 resolve by 6 months postpartum
5. It's not the gap that matters, it's the tension in the gap
6. "Healing" occurs over years, not months

Two Ways to Self-test for Diastasis Recti

Positive test = doming along linea alba anywhere between sternum and pubis

Supine Head Lift

- Supine crook lying
- Relax core
- Lift head/shoulders
- Look/feel for doming

Kneeling Leanback

- High kneeling
- Relax core
- Lean back from knees keeping hips/back straight
- Look/feel for doming



Your role as a Fitness Professional:

- Protect not prevent
- Educate - teach Diastasis Recti self-testing
- Empower your client - eliminate fear around movement and exercise

Game Plan:

- Load without overloading (Diastasis Recti can "get worse")
- Create a plan. Follow it.



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