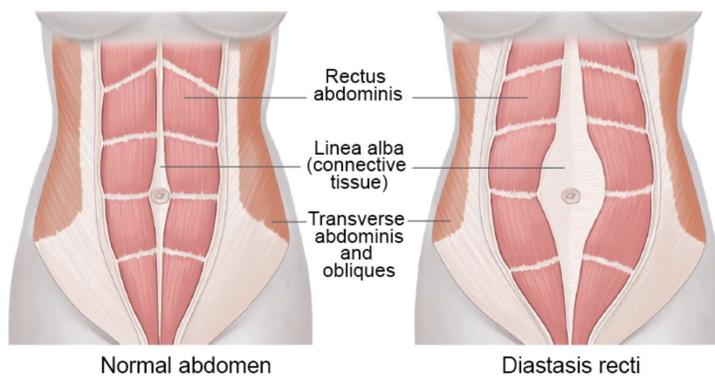


Diastasis Recti

Description: Diastasis Recti is a very common condition in women after childbirth, in which a separation in the abdominal muscles occur. However, men can also have Diastasis Recti due to too much strain from heavy lifting. The condition often goes undiagnosed for year. I first learned about Diastasis Recti at my first 95-hour Holy Yoga Retreat Intensive. I was measured and confirmed that I had a two-finger separation, 25 years after my son was born.

Diastasis recti



Symptoms:

- Belly Bulge or “pooch”
- Low Back Pain
- Pelvic Floor Issues – causing urine leakage when jumping, sneezing or running (Tummy Team, 2016)
- Constipation
- Bloating (Healthline, 2017)
- Hernias in extreme cases where the organs begin to poke through the abdominal wall.

Benefits	Precautions
Gently strengthening Transverse Abdominus (TVA) and Obliques, helping to close the gap of the Rectus Abdominus muscles.	Crunches – cause too much strain, and further separate abdominal muscles.
A journey in God’s healing using gentle consistent exercises over time to heal. Experience how powerful small actions can be in one’s life.	Sit Ups – can cause further widening of the gap.
Learning patience and humility through this healing process. Just because you can do more extreme poses such as planks, dancer and wheel doesn’t mean it’s good for your body at this point and time.	Planks – RA healing is counter intuitive because it seems like hard core planks to strengthen the abs would be the way to close the gap, but on the contrary it’s gentle, subtle movement that heals.
Mindful Awareness how to engage the Obliques and TVA while continuing to breathe and meditate.	Straining – lifting too much, straining if constipated
Awareness of proper alignment in day-to-day activities.	Dancer Pose or Wheel Pose

Mini Flow:

- Lying on back with knees bent, gently draw in lower abs from underneath and gently hold while breathing. Release.
- Lying on back with knees bent, rest both hands on top of each side of the pelvic girdle. Gently engage inner core muscles, and on an exhale begin to lower right knee to the right side, keeping both feet on the floor. Stop when you notice your hips begin to rotate, then inhale and bring right knee back to center. Repeat on other side (Kenway, 2014).
- Lying on back with knees bent, while maintaining natural curve in lower back, exhale and begin to slide right heel along floor until back starts to arch, then inhale and draw foot back towards hind end.

References:

The Tummy Team, <https://thetummyteam.com/3-symptoms-related-diastasis-recti/>, July 15, 2016.

Healthline, <https://www.healthline.com/health/diastasis-recti>, November 20, 2017.

Michelle Kenway, PT, https://www.youtube.com/watch?v=gmqjLD_hJ-c, Diastasis Recti, November 17, 2014.