

ABDOMINAL SEPARATION

WHAT IS IT?

DRAM or abdominal separation is when there is an increased distance between the two sides of the rectus abdominis (the long parallel muscles in your abdomen) due to connective tissue stretching during pregnancy.

TIPS:

Early intervention is important. Treatment will focus on rebuilding the strength of your abdominal wall and educating you on how best to manage your symptoms and ensure long term progress.

- wear your tumdies immediately after birth and for at least 3weeks.
- don't strain. This puts extra pressure on the connective tissue and can make the separation worse. It is recommended you avoid constipation and heavy lifting.
- start gentle, abdominal muscle exercises.
- maintain good posture at all times. Try to avoid standing or walking with your belly pushed forward.

SELF ASSESSMENT

You can assess after the first week of birth, and every week thereafter.

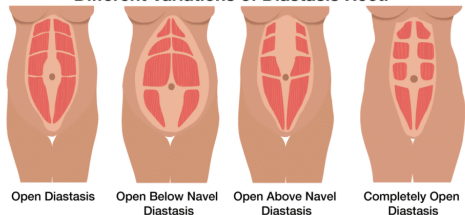
WHAT IS NORMAL?

To this day there is still no clear cookie cutter number, however we do recommend 2 cm or 2 fingerwidths and below is considered within range.

Please note immediately after birth and even up to the first week you can have more than 2 fingerwidths, do not stress.

If you're concerned contact a Women's Health Physiotherapist for a thorough assessment.

Different Variations of Diastasis Recti



HOW TO PERFORM:

- lie on your back in a comfortable position. Bend your knees and put your feet flat on the floor.
- place one hand on the midline of your core with your fingers flat and soft.
- slowly lift your head.
- with no separation there is the sensation of toned muscles and minimal gap. If you feel a space, or your fingers sink into your core, you may have abdominal separation.
- Repeat the above steps directly above and below your belly button down.

