

Tupler technique® and regenerative platelet rich plasma procedure for treatment of Diastasis Recti

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Closing a Diastasis Recti with the Tupler Technique® is about healing the weakened Linea Alba. The weaker the Linea Alba, the longer it takes to heal. According to Tupler Technique®, distance statistics with 372 people, the average shows a 55% decrease in size in 18 weeks. To see whether injecting platelet rich plasma into the Linea Alba in week 4 of the Tupler Technique® Program would make the Linea Alba thicker and speed up the healing process of the connective tissue. Project was conducted by Dr. Patel with eight postpartum women with a diastasis. Participants were seen four times over 18 weeks. (Week 1, 4, 6 and 18 of the program). A medical evaluation was done before acceptance into the project. Participants were mailed a Diastasis Rehab Splint®, Diastasis Rehab Lose Your Mummy Tummy® DVD and Tupler Technique® guidebook and were asked to watch the DVD before the first class. During the first class, participants were taught the seated Tupler Technique® exercises. Participants had belly photos taken and their diastasis measured for the distance of the separated muscles and condition of connective tissue in weeks 1, 4, 6 and 18. They were measured in two ways: ultrasound and with a Diastometer™. In the beginning of week 4 after participants developed transverse muscle strength and awareness, Dr. Patel injected 10 cc of 6X concentration leukocyte-poor PRP three points along the Linea Alba with a total of between 10 to 12 injections. After the procedure, participants immediately put on the splint, rested a day and followed just the Tupler Technique® program for weeks 4-6 and then from weeks 7-18 a "diastasis safe" exercise program. Ultrasound and Diastometer™ readings showed that the connective tissue got thicker and diastasis got smaller, faster in six weeks than eighteen weeks just using Tupler Technique®. Adding PRP to the Tupler Technique® does make a diastasis get smaller in less time versus just doing the Tupler Technique®.

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