

INSTRUCTIONS FOR GETTING STARTED WITH THE TUPLER TECHNIQUE® PROGRAM

I'm thrilled you have decided to do my program. Just want you to know that my staff and I are here to support you every step of the way. Here's how you get started.

STEP 1 GET YOUR SPLINT SIZE

One of the 4 steps of my program is wearing one or two Diastasis Rehab Splints®. So, the very

Back Size	Circumference of body (over bellybutton)	Splint Size	Circumference size larger than # on the last column on chart below needs the Extenders. Elastic arms on splint can be made 6" longer by either stretching them or adding a piece of hook velcro to the existing hook velcro at the end of elastic arms. Extenders are ideal for pregnancy with a growing belly.
10-12"	24-27" (28"-32" need to be stretched)	Extra Small	33"
13-16"	28-34" (35"-39" needs to be stretched)	Small	40"
17-19"	35-38" (39"-42" needs to be stretched)	Medium	43"
20-22"	39-42" (43"-47" needs to be stretched)	Large	48"
23-25"	43-46" (47"-51" needs to be stretched)	Extra Large	52"

This information is shown as a guide only and not a guarantee. Actual fitting may vary.

first thing you must do is measure yourself for a splint. There are 3 measurements you must get: back size, waist height and body circumference. [CLICK HERE](#) for the page to give you the detailed instructions. If you are having trouble determining your size or wondering if you should wear one or two splints, [CLICK HERE](#) and download this page. Fill in all your measurements with two belly photos and send it to us as an attachment and you will get help getting the right size or sizes. Most of our clients do wear two splints for more coverage and wearing two makes them stay in place better. It prevents "belly out the bottom." Email it back to us at info@diastasisrehab.com.

STEP 2 KNOW YOUR PRODUCT CHOICES

My products have a couple different variables, so you need to choose from the dropdowns what you want when purchasing them. These products all need for you to make a choice:



1. Diastasis Rehab Splint®: Choose model color & size
2. TogetherWear Tank and Splint: Choose sizes
3. TogetherTape: Choose size
4. Guidebook: Choose language
5. Together Tummy book: Choose format (hard copy or ebook)
6. Diastasis videos: Choose format (hard copy or streaming)

STEP 3 BUY THE PRODUCTS YOU NEED TO DO THE PROGRAM

Once you get your size or sizes, go to **SHOP** on the top menu. On this page you will see five categories (Packages, Individual Products, Videos, Books & Services). They are all listed below. I recommend you buy from the packages category as you get the products you need at a discount! There is a description of each product I sell under individual products, videos and books. You can click on the titles bolded to take you directly to those pages. My program is most successful with support. That is why it is important for you to make sure you register for my online program. It comes with all the packages. As part of this program, I do weekly live webinars to answer everyone's questions. This support program is ongoing with no termination date. It comes with weekly videos, tips and a blog to connect with other. A "belly buddy" makes doing this program more fun. If you can't get your partner or child to do it with you, we will help you find one.

PACKAGES

Create your own package

You get an 18% discount on purchases of \$140 or above and a 20% discount on purchases of \$222 or above.



CREATE YOUR OWN PACKAGE - GET A DISCOUNT

Women's or Men's Package One

Discounted \$25 & comes with one(1)Diastasis Rehab Splint®, Guidebook, Video (Lose Your Mummy Tummy or Say Goodbye to Your Gut Guys) and Online Support Program. If you want to get a second splint click on continue shopping and go to Individual Products.



Women's of Men's Package Two

Discounted \$60 and comes with two (2) Diastasis Rehab Splints®, Guidebook, Video (Lose Your Mummy Tummy or Say Goodbye to Your Gut Guys), Online Support Program, Together Tummy book (hard copy or eBook, TogetherTape™, Corrective Connective Tissue Cream and Dyna band(used in exercise part of video instead of weights)



Pregnancy Package One

Discounted \$50 and comes with one (1) Diastasis Rehab Splint®, Diastasis Rehab Extenders, Guidebook, Video (Perfect Pushing), Coming Contractions Pain Management (CD or digital download), and Online Support Program.



Pregnancy Package Two

Discounted \$60 and comes with two(2) Diastasis Rehab Splint®, Diastasis Rehab Extenders, Guidebook, Two videos (Perfect Pushing & Lose Your Mummy Tummy) Coming Contractions Pain Management (CD or digital download), Online Support Program, Corrective Connective Tissue Cream, Together Tummy book (hard copy or eBook)and Dyna band.



Ab Rehab Pre-Surgical Package

Discounted \$25 and comes with one(1) Diastasis Rehab Splint®, Guidebook, Video (AbRehab), and Online Support Program.



Children's Package

Discounted \$16 and comes with one (1) Diastasis Rehab Splint®, Children's Guidebook, and Video (Belly Button Boogie)



VIDEOS (DVD or Streaming)

Lose Your Mummy Tummy



This video is for any woman who has a diastasis no matter “when” or “how” she got it. This video has been translated with subtitles into Spanish, Danish, German, Portuguese, Italian and Czech.



Say Goodbye to your Gut Guys

This video is for men with a diastasis.



Perfect Pushing

This video is for pregnant women wanting to make their diastasis smaller during pregnancy to prevent a C-section, how to push in labor correctly to prevent pelvic floor prolapses and how to learn how to modify their prenatal exercise routine.



Ab Rehab

This video is for patients wanting to prepare for abdominal surgery so they will know how to use their abdominal muscles in their recovery process to maintain the integrity of their stitches.



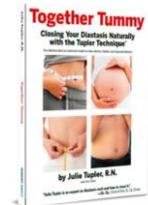
Belly Button Boogie

This video is for children from 6 to 9 years old.

BOOKS

Together Tummy book

(This book, now in eBook, tells you everything you want to know about treatment of diastasis for women, men and children, how pregnant women can prepare for labor and how patients having abdominal surgery can learn how to use their abdominal muscles in the recovery process to maintain their stitches and the importance of nutrition in treating diastasis recti.



Tupler Technique® Guidebook

(This little booklet is the “cliff notes” or summary of all 4 steps of the program. It gives the exercise progressions over 18 weeks and allows you to track your measurements.



Belly Button Boogie Guidebook.

This booklet is for children 6 to 9 years old which gives the summary of the 4 steps in a fun way.



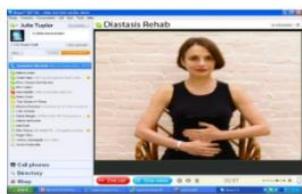
SERVICES

Work with Julie

Work with me in person (with us both wearing masks) or by skype. You can do the 18-week intensive program or just do individual sessions with me.



Online Support Program



My program is most successful with my ongoing online support program. It progresses over 18 weeks. There is no termination date. It has weekly videos, tips and a blog to connect with others doing the program. As part of this support program I do weekly live webinars to answer everyone’s questions.

Trainers in Your Area

I have a professional Tupler Technique® training program where I teach medical and fitness professionals all over the world. I do this program 3 times a year. To become trained these professionals must pass a written and demonstration exam. Check out the Trainers in your area to work with or to buy products.

Tupler Technique. Diastasis Trained Professionals Near You

Regions: USA: CA | CO | CT | HI | IL | MA | MD | NJ | NY | TX | VA
International: Australia | Austria | Brazil | Canada | Czech Republic | Denmark | England | Germany | Italy | Mexico | Switzerland

Be Sure You Get The Real The Tupler Technique® Training program which consists of a NYC. They have been taught Tupler Technique®. They an exam video on during the in and demonstration exam du successfully pass to be on this website. After that training, Julie requires professionals on her website to take ongoing professionals tell them about the training. If they register, you could be a case study and get taught the Tupler Techniq

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Everybelly® Seminar

I do this Diastasis Seminar three times a year in NYC. This has been postponed until the pandemic is over.



INDIVIDUAL PRODUCTS

Diastasis Rehab Splint®:



There are two models (regular torso and short torso) two colors (beige and black) and five sizes (extra small, small, medium, large and extra-large) Right now I also have the [Diastasis Rehab Sleep Splint](#). They are on sale for \$20. The only difference between this splint and the regular splint is they have a softer elastic which makes them easier to sleep in. They are only available black regular and short torso in sizes medium, large and extra-large. Once they are sold out, I will no longer be making them as I have the TogetherWear tank and splint. The TogetherWear splint has the soft elastic and is described below.

Diastasis Rehab Extenders

These attach to the elastic arms of the Diastasis Rehab Splint® to make the elastic arms longer. They are used for the pregnancy belly as it gets larger during pregnancy and also for very big bellies. Three come in a package and they come in beige and black.



TogetherWear Sleep Tank and Splint

This is a splint with hook Velcro on the pad of the splint and on the top and bottom elastic arms so both the pad and the elastic arms stick to the tank top to keep it in place better. The tank top is made out of loop Velcro. You need to buy both initially as they work together. You can buy the tank or splint individually if you need an extra one. The elastic arms are a soft elastic making this splint more comfortable to sleep in and also wear while driving long distances. Coming soon will be the TogetherWear splint for daywear with a heavier elastic.



TogetherTape

The Together Tape works like a butterfly bandage. You stretch the tape and put it on your belly. Once stretched, the tape starts recoiling as it wants to go back to its original unstretched position. This recoiling process is a communication from skin to muscles and connective tissue to move closer together. This is started in week 4 of the program. It comes in 3 sizes. Small medium and large. Choose the size at the location where the diastasis is the largest. Most people check their diastasis incorrectly and think it is smaller than it really is! Therefore, it is best to get a larger size tape.



Corrective Connective Tissue Cream



The main function of this cream is to nourish the weak connective tissue. [Click here](#) is a chart with all the nutrients for healing connective tissue, the function of those nutrients, the foods with those nutrients and the ingredients in my cream with those nutrients. This cream helps prepare the belly skin for taping in week and is also used for belly stretch marks. I use this cream as a face cream. Many of my clients do as well and love it!

Dyna Band

The dyna band is a resistance band used in the exercise part of the Lose Your Mummy Tummy and Say Goodbye to Your Gut Guys video. It is used in place of weights.





Diastometer™

I created this device to measure the distance of the separated muscles as well as the condition of the connective tissue in centimeters. Clients can use this to measure themselves or professionals can use it to measure their clients.

STEP 4 WHAT TO DO BEFORE YOU START THE PROGRAM

Please do these three things before you start the program:

1. Take your before and after photos
2. Put your measurements in your guidebook
3. Watch your diastasis video or read the *Together Tummy* book before you start the online support program.

Healing connective tissue is not an overnight process. How long it takes to close your diastasis depends on the severity of your diastasis and your commitment to doing all 4 steps of the program. My statistics show that my program can make a diastasis 55% smaller in six weeks. My program progresses over 18 weeks, and in 18 weeks your diastasis will be smaller and you will have a flatter better belly! Not only will you look better, but you will feel better. The goal of this program is to make your connective tissue strong enough to keep your separated muscles in a close together position. That's when you stop wearing your splint! You can only have a strong core when your muscles are close together.

Hope this was helpful to get you started. If you have any questions, please email me. I look forward to meeting you at my live Friday webinars as well as seeing your fabulous before and after photos.

Best
Julie Tupler, RN
Diastasis Rehab