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 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. 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.
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 or 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.

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.

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 Yummy and Say Goodbye to Your Gut Guys video. It is used in place of weights.
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