

Tupler Technique[®]

Treatment for Diastasis Recti

Tips



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Summary of Program

The Tupler Technique® Program is 4 steps. You must do all 4 steps of the program in order for the program to be effective in closing a diastasis.

Closing a diastasis is all about healing the connective tissue. Connective tissue can be healed on ANYONE (women, men and children) at ANYTIME with the Tupler Technique®, a research and evidenced-based program.

How long it takes to close a diastasis depends on the severity of your diastasis AND your commitment to the program. A severe diastasis may take up to a year to close. However, no matter how bad your diastasis is, you will start to see the healing process take place within three weeks!

Before you begin the program, it is important to see where you started so you can see your progress. Measure the circumference of your belly around the belly button and take photos of your belly from the front and the side. Seeing your belly change, as well as the numbers on the tape measure getting smaller, will inspire you to continue doing the program!

How the Program Works

The Tupler Technique® program progresses over 18 weeks. During the first six weeks, you will be doing “just” the 4 foundation steps of the program.

The 4 steps are:

1. Exercises (elevator, contracting, head lifts)
2. Splinting with Diastasis Rehab Splint®
3. Engaging transverse muscle during activities of daily living
4. Getting up and down correctly

It is recommended that you do not do any other exercise program during the first six weeks to allow the connective tissue to heal while you strengthen your innermost abdomi-nal muscle (transverse muscle). Walking outside or on a treadmill is fine.

In week six of the program, you will learn how to incorporate the Tupler Technique® into any exercise routine. This is important to maintain the results achieved in the first six weeks.

After 18 weeks, to maintain the benefits you have achieved, you need to continue to:

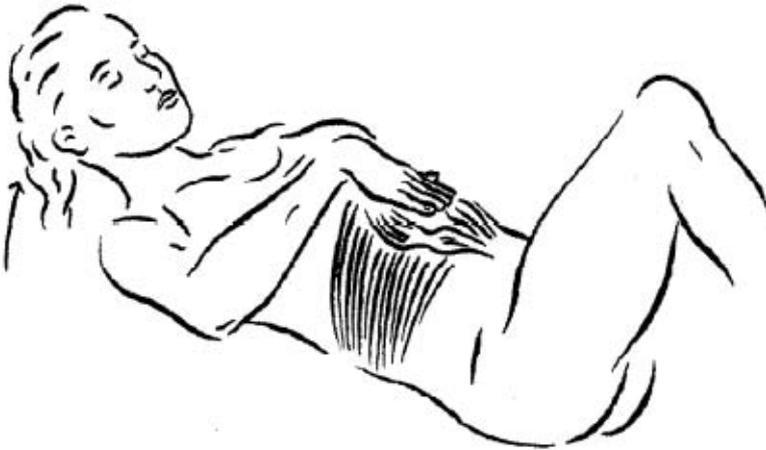
1. Engage the transverse on the work of everything you do
2. Get up and down correctly
3. Do 10 to 20 sets of the contracting exercises per day
4. Wear the splint if your diastasis has not closed

Checking for Diastasis

The purpose of checking for a diastasis is to determine two things:

1. The distance between the two separated muscles
2. The condition of the connective tissue

Check your diastasis before you start the program so you can “see” and “feel” your progress.



Check your diastasis in a back lying position with your knees bent.

With your fingers pointing toward your toes and abdominal muscles relaxed, put your fingers in your belly button and press down. Now slightly lift your head and when the muscles first start to move see how many fingers fit between the two muscles and how deep they go. Then check 3 inches above the belly button and 3 inches below the belly button.

If you see a bulge when you lift your head or you feel pulsing you know the condition of the connective tissue is very weak. Also to feel the distance between the two muscles, you may need to use the fingers from both hands.

Splinting Tips

The purpose of wearing a splint is to approximate (pull together) the separated muscles.

Approximation will:

- Put the connective tissue in a better position to heal
- Put the muscles in a better position, making the exercises more effective
- Protect the organs

Wearing a splint is just one of the 4 steps. If you just wear the splint and do not do the exercises you will not get the full benefits of the program. Instructions for putting on the splint is on the Diastasis Rehab Splint® page of the website.

Wearing a splint is not comfortable. The area that is being splinted is a difficult area to splint because it is between your ribs and your pelvis.

Wearing a splint on your abdominals to bring the separated muscles together can be compared to wearing a cast on your broken leg to bring the separated bones together. It is not comfortable but a necessity for the healing process to happen.

Unlike the “control garments” sold on the market offering compression (bringing belly back towards the spine), which weaken the abdominal muscles, wearing a Diastasis Rehab Splint® will NOT weaken your muscles. Its sole function is to bring the muscles together. By bringing the muscles together, you can then strengthen your muscles more effectively with the TuplerTechnique® exercises. Your abdominal muscles will then be strong enough to do what the “control garments” were doing.

Splinting Tips

The Diastasis Rehab Splint® should be worn ALL the time. You can take it off to bathe.

It can be worn against the skin or over a fitted undergarment. It may stay in place better wearing it over an undergarment.

When putting on the splint, make sure the entire Velcro end is attached to the splint and not your skin or undergarment.

Make sure you bring your belly back to your spine before putting on the splint.

The splint gets looser as you wear it. So take it off several times a day so you can pull the muscles together. The more you pull them together the faster the connective tissue will heal.

You need to wear the splint until your diastasis has closed.

Splint will last longer if you hand wash and air dry.



Exercise Tips

When doing the “Seated Exercises” make sure you:

1. Have correct posture with shoulders lined up with hips and hips lined up with knees.
2. Visualize your ribs coming together. If ribs are flared you cannot work the top of the muscle.
3. Count out loud to prevent force on abdominals and pelvic floor.
4. Start and end the exercises with a belly breath.
5. Keep one hand on the top of your belly and one hand on the bottom so you have the awareness that both the top and the bottom of the muscle are moving backwards.
6. Don't move your back while doing the exercises.
7. Start double splinting in Week 4 of the program. Double splinting is wearing the Diastasis Rehab Splint® and holding another splint (scarf). If you cannot double splint still do the exercises.
8. Close your eyes and “visualize” the blood flowing to the connective tissue, the connective tissue becoming thicker and stronger and see the muscles coming together.

Have this time be your meditation time. So when you are finished you will also have reduced your stress level!

Exercise Tips

When doing the “head lift” exercise make sure you:

1. Wait to start until Week 4, after you have strengthened your transverse muscle.
2. Warm up your transverse muscle with 10 of the contracting exercises before you start the head lift.
3. In order to perform the steps that involve visualization, please close your eyes.
4. Wear a Diastasis Rehab Splint® and hold another splint. The other splint is a scarf or the arms of your sweater.
5. With each head lift you must do all 5 steps.
6. To make the exercise harder, move your feet away from your buttocks.
7. Get up correctly when finished.

Other Tips

- Before you move your body to do any activity make sure you bring your belly to your spine to protect your connective tissue from intra-abdominal force.
- One jackknife (coming straight up) from a back lying position can undo all the benefits you have achieved with the program!
- When you get up in the morning take a few belly breaths. Then you will remember to engage your transverse and keep your head on the bed before you roll to the side and get out of bed correctly.
- When moving from a seated to standing position make sure you get up with a flat back.
- Being in a hands and knees position puts all the weight of the organs on the weakened connective tissue. This position needs to be avoided with exercise and sex until your diastasis is closed.
- When having a bowel movement, bring your belly to your spine and lift your feet 7 inches to support and align your bowel.
- When doing aerobic activities belly breathe for more oxygen. On the exhale part of the breath bring your belly to your spine and then give it a little squeeze!

Ongoing Support with the Tupler Technique®

Julie Tupler, RN is available for online individual Skype training.

To find a Trained Tupler Technique® Professional in your area, **click here**

If you do not have a Trained Tupler Technique® Professional in your area, our six week online support program is the solution! **Click here for more information.**

For more information please contact us at **info@diastasisrehab.com**

