

assessing & healing

DIASTASIS RECTI

**SLIM &
STRONG**

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momz BEYOND THE BUMP

HORMONES . NUTRITION . WORKOUTS .
MINDSET . BALANCE . SLEEP . SANITY

DIASTASIS RECTI ASSESSMENT



I suggest you do this assessment at the earliest two weeks after delivery. Do this assessment even if you've delivered many months, or even years ago. Most pregnancies result in some degree of abdominal separation of the two sides of the six-pack muscles.

Check For Diastasis Recti (DR)

- Lie on the floor with your back, knees bent, feet flat on the floor.
- Place one arm behind the head, elbow bent, as you would if you were about to do a sit-up.
- Lift your head and neck slightly. Don't lift all the way up as that can distort the results.
- With your free hand, find your belly button and the line that runs vertically above and below.
- Gently press your finger down along this line and look for a gap.

Measure the depth: If you feel a gap, measure how deep it is by assessing how deep your finger can fit in. Is it to the knuckle, the fingernail or just the tip? Remember that depth to assess your progress as you move through the ab repair workouts.

Measure the width: If you do feel a gap, measure the width in finger widths. You might be able to fit one, two, or more fingers in there horizontally.

A line of 2.5 or more finger-width is considered DR and needs to be restored before conventional ab exercises should be done. That includes sit ups, upward dogs, the cow part of 'cat/cow', and planks.

If you have DR, make sure you work on the short DR rehab exercises at least every other day. It takes time to retrain your connective tissue to come back together, so don't become impatient and jump ahead as you can easily undo weeks worth of rehab exercises by doing the wrong ab move.

[WATCH THIS 2-MINUTE ASSESSMENT](#)

IF YOU HAVE DIASTASIS RECTI



Avoid These Moves

You want to avoid the following moves as they can make the ab separation and bulge worse:

- Sit ups, crunches, bicycle crunches, twisting crunches of any kind
- Barre or Pilates classes where you are encouraged to lie on the floor with your back and lift your legs up (it opens up the gap).
- Moves where you tuck your pelvis under or stick your butt out (upward dog, cat/cow)
- Planks (put a lot of pressure on your abs from the inside) If you delivered very recently (a few weeks or up to 5 months),

Please use a belly wrap for any upper body workout/push ups and floor exercises, so you can protect your weak abs from bulging. I wore it every night and as much as possible during the day.

Please be patient
in this process.
If you have significant
ab separation, you will
need about 12 weeks to
repair the damage,
if not longer.

Do not progress to regular ab
workouts unless you have
completely closed that gap. If
you advance too early, you risk
making the belly bulge worse and
the separation even greater. You
also risk creating unnecessary
stress on your back from lack of
abdominal strength support.

WATCH WHAT **NOT** TO DO