

DIASTASIS RECTI

how to perform a self assessment

How To Self Assess

- 1) Lie on your back with your knees bent, soles of your feet on the floor
- 2) Place one hand behind your head and the other hand on your abdomen.
- 3) Place your fingertips across your midline, parallel with your waistline at the level of your belly button
- 4) Gently press your fingertips into your abdomen (abdominals should be relaxed)
- 5) Lift your head and roll your upper body off the floor, make sure your ribcage moves closer to your pelvis
- 6) Move your fingertips right and left across your midline, feel for the right and left sides of your rectus abdominis muscle
- 7) Test for separation at, above and below your belly button

What Is Abnormal

- Excessive depth with poor forced closure
- A visible small mound protruding along the midline of your body
- Traditionally, a gap of 2 finger breaths or more, but it's not all about the gap! There is a difference between a functional and dysfunctional diastasis, your pelvic health provider can help you navigate where your baseline currently lies.



It is not vain, selfish or low priority to desire a body that functions as it should. If you have questions regarding diastasis recti or techniques that are safe and effecting in improving the function of your core, reach out to your pelvic provider!