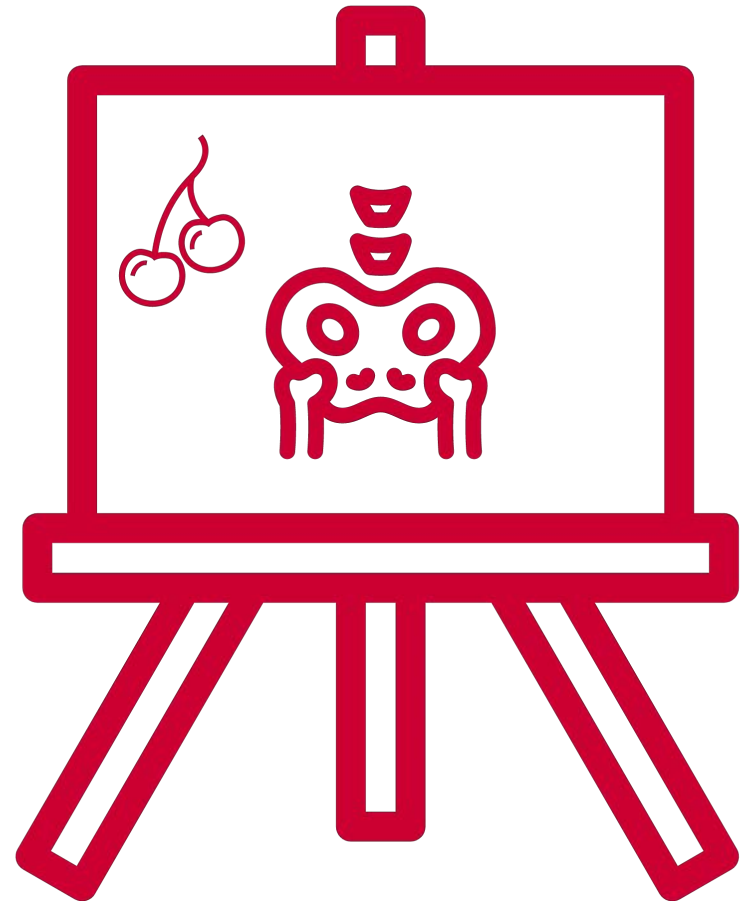


CHERRY BAKER

Education

The myths Diastasis Recti

Presented by Cherry Baker Education



**HELLO & Thank
you!**

Why are we here?

- You need a pen and paper
- Listen it doesn't matter if your wrong – I was !

WHAT IS A DIASTASIS RECTI?

WRITE DOWN YOUR
ANSWER WE WILL
COME BACK TO IT

WHO CAN GET A DIASTASIS RECTI?

WRITE DOWN YOUR
ANSWER WE WILL
COME BACK TO IT

WHATS ARE THE CAUSES OF DIASTASIS RECTI?

WRITE DOWN YOUR
ANSWER WE WILL
COME BACK TO IT

What is a Diastasis Recti?

Its not really

- **Abdominal Separation**
- **Separation of the Rectus abdominus**
- **Splitting of abdominals**

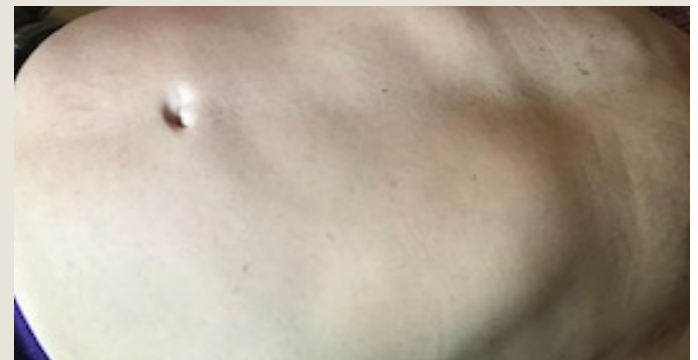
What it is

In a nut shell It is fascia that stretches

- **Thinning of the Linea Alba**
- **The 'gap' between the two edges of the rectus abdominis becomes wider (2.7cm)**

Diastasis Recti in action

- Slight umbilical hernia that over several years has developed into a diastasis
- The picture was taken during a simple head and shoulder lift (no hands behind head)
- Only 3 repetitions were performed!
- What constitute a gap



Who can get a Diastasis Recti?

- **A woman**
- **A man**
- **A baby or child**



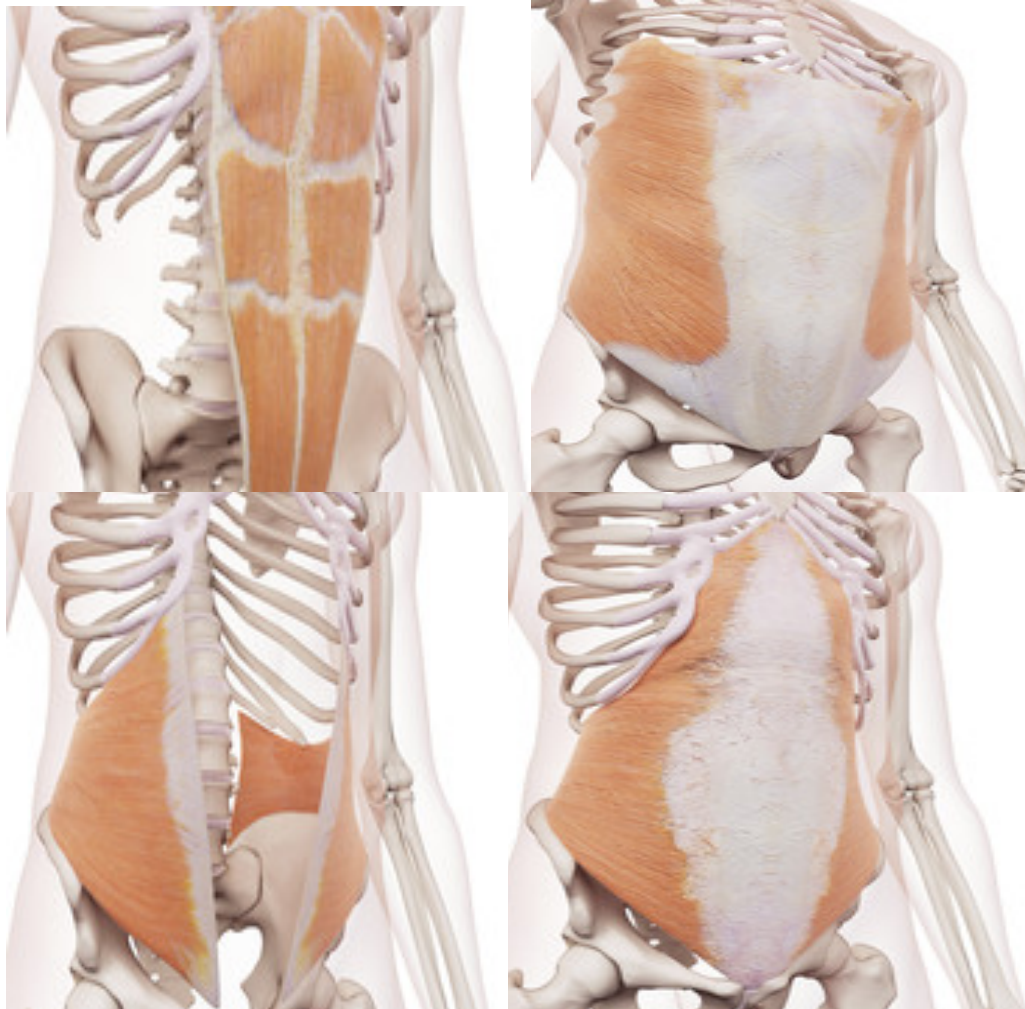
Common causes of DR

- Too much pressure on abdominal wall
- Pregnancy – hormones and muscle stretch
- Obesity
- Hypermobility
- Surgery
- Hernia
- Exercise technique
- Rapid weight changes
- Posture
- Fibroids
- Age
- Genetics

Less common causes

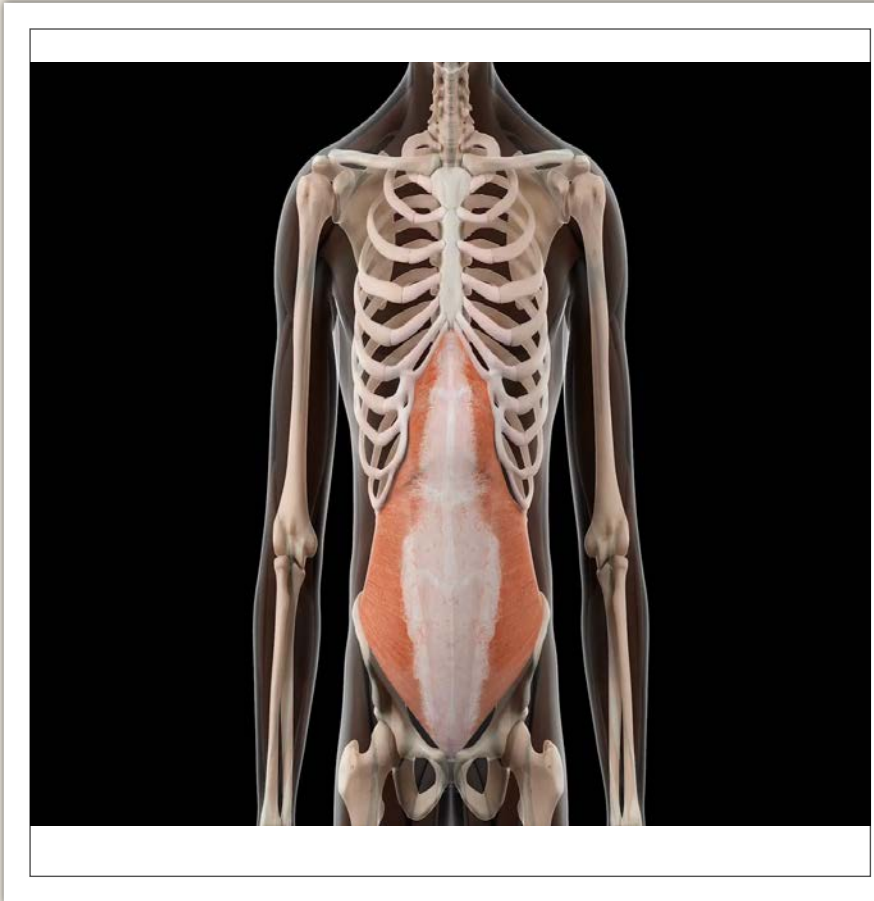
- Abdominal swelling / bloating (cirrhosis of the liver – cancer - HIV)
- Men with abdominal aortic aneurysm
AAA *

◦ * DIASTASIS Recti and AAA - Todd Moesbergen , Alice law, Justin Roake , David R lewis



THE *anterolateral* ABDOMINAL WALL

- Pairs of muscles 'made as one' via fascia
- Fascial connections make it a group of muscles that **should** function together - *this is a whole other story*



Transversus Abdominis

- The transversus muscle itself has two sides these two sides are connected via fascia known as the abdominal aponurosis
- If the fascia didn't have the ability to stretch imagine how these muscles would lengthen in pregnancy!

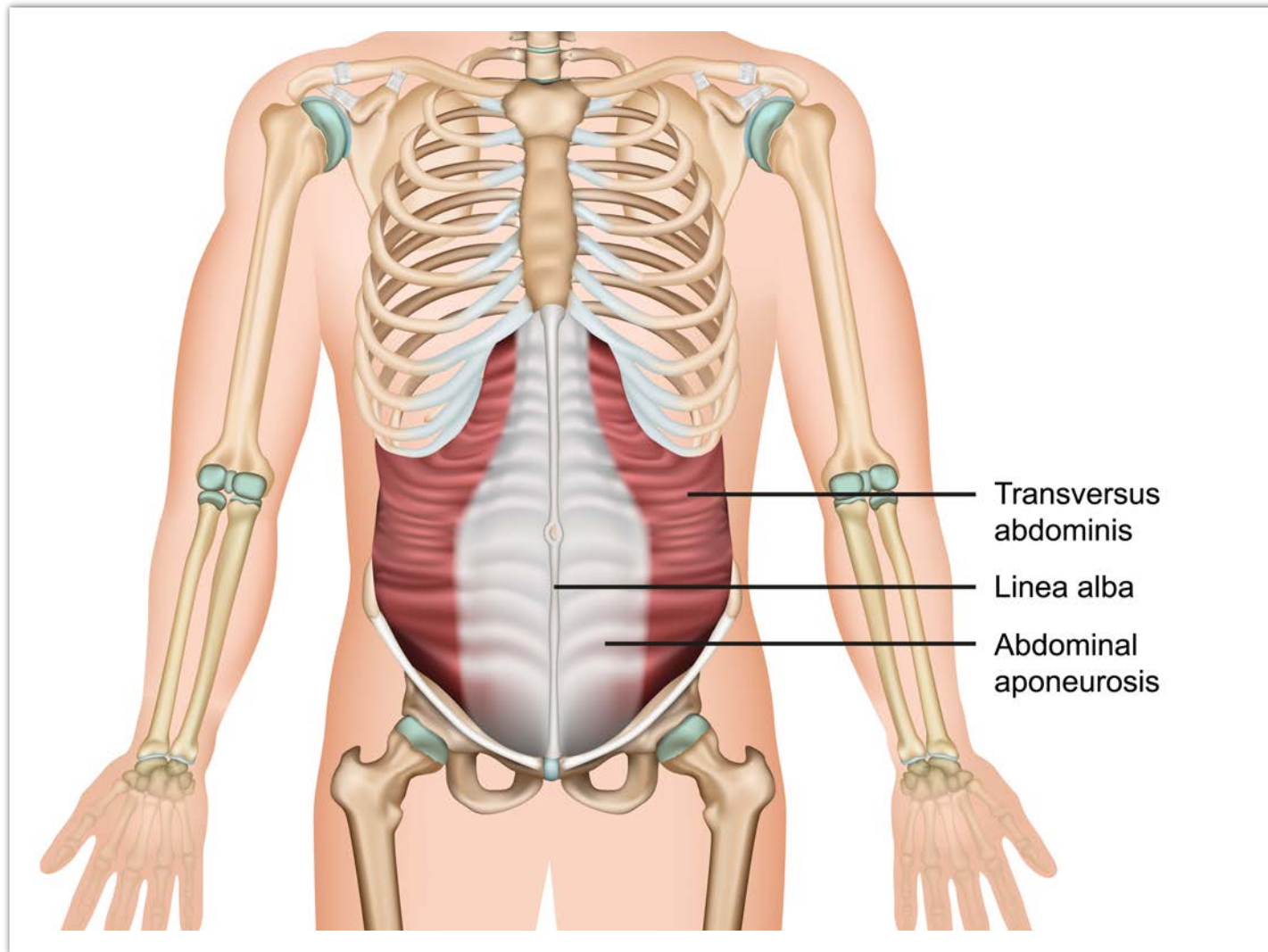
Pyramidalis

(sorry knowledge of this muscle is no real use to you as a teacher but its really really interesting)



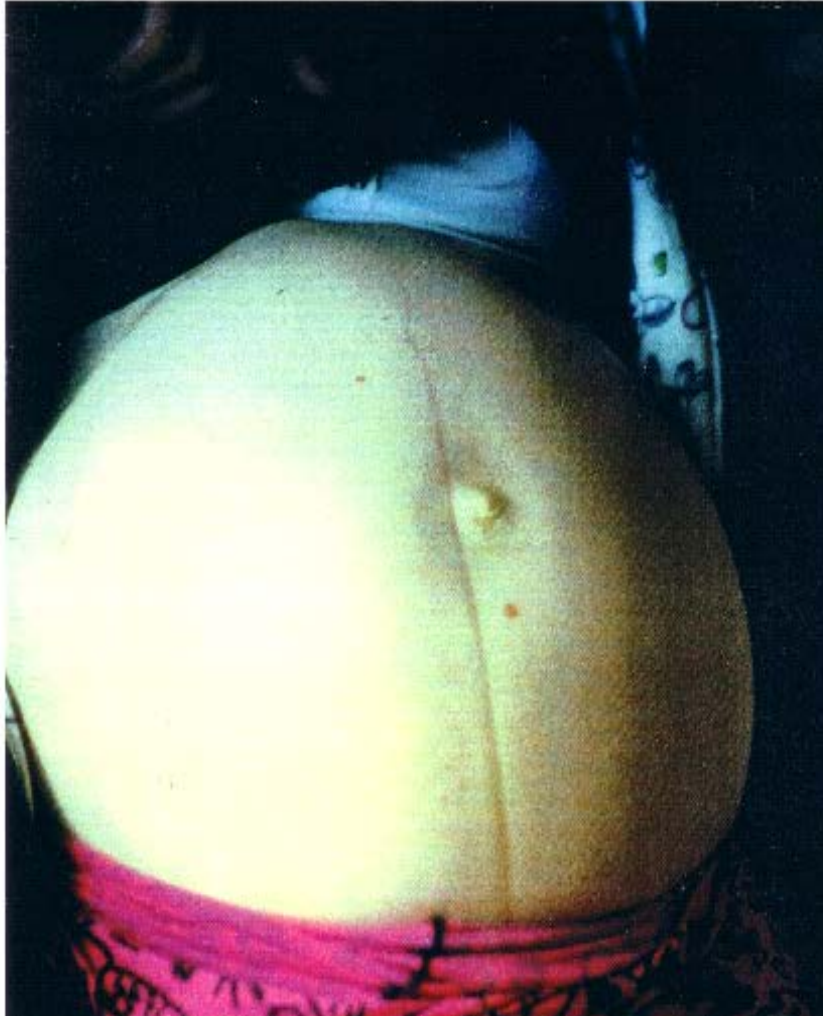
What the heck is the PYRAMIDALIS?

- The pyramidalis muscle is in two parts and is a small triangular shape originating from the pubic symphysis and pubic crest. It inserts into the linea alba between the umbilicus and the pubis
- It is anterior to the rectus abdominus muscle found either side of the linea alba
- It acts like a stopper at the bottom of a zipper
- It tenses the linea alba – this action combined with the other abdominal muscles aids in increasing intra abdominal pressure therefore helping contracting the abdominals for protection of the abdominal organs and forcing things from the body!
- 17 – 25% of the population may be absent of a pyramidalis or may only have one.



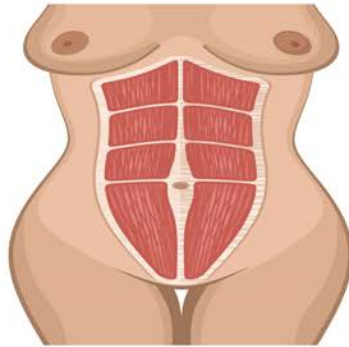
What is the linea alba?

- Muscle fibers of the External obliques, Internal obliques and the transversus abdominis 'fuse' into and form flat tendinous sheaths called aponeurosis
- This abdominal aponeurosis forms the linea alba
- It helps protect abdominal contents and helps allows muscles to change shape to accommodate abdominal contents such as in pregnancy

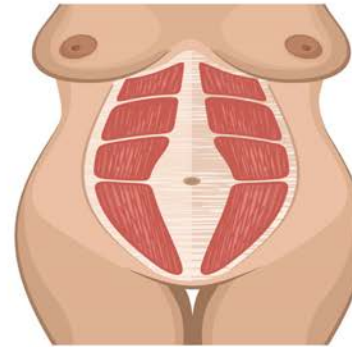




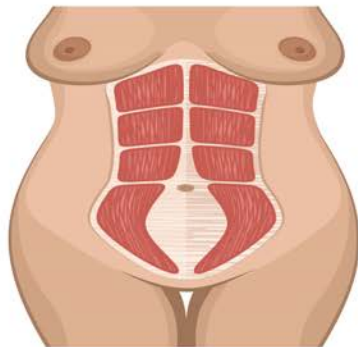
DIFFERENT VARIATIONS OF DIASTASIS RECTI



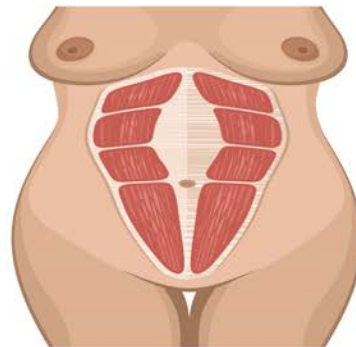
HARROW-NORMAL



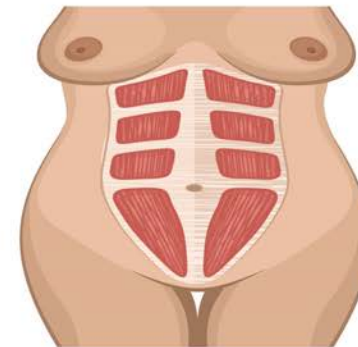
Open Diastasis



**Open Below
Navel Diastasis**



**Open Above
Navel Diastasis**



**Completely
Open Diastasis**

Plastic Bag

650 plus muscles or just one ?



Its not what you do
it's the tension you can maintain
and your form

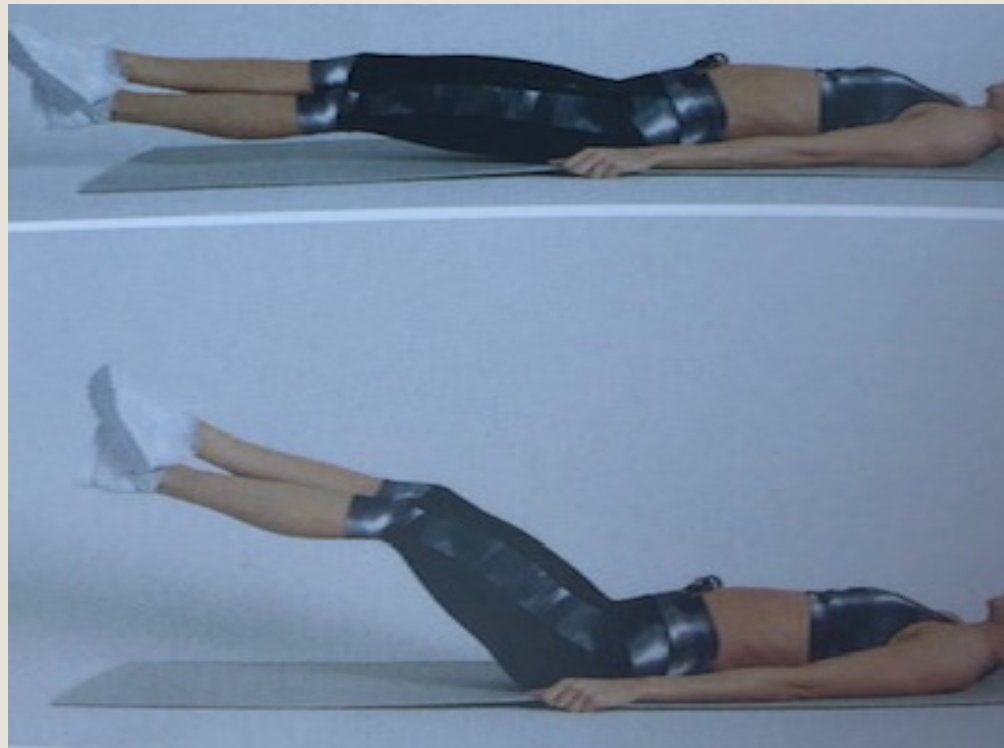
◦ Hip rolls



◦ The plank



Its not what you do – its how you do it





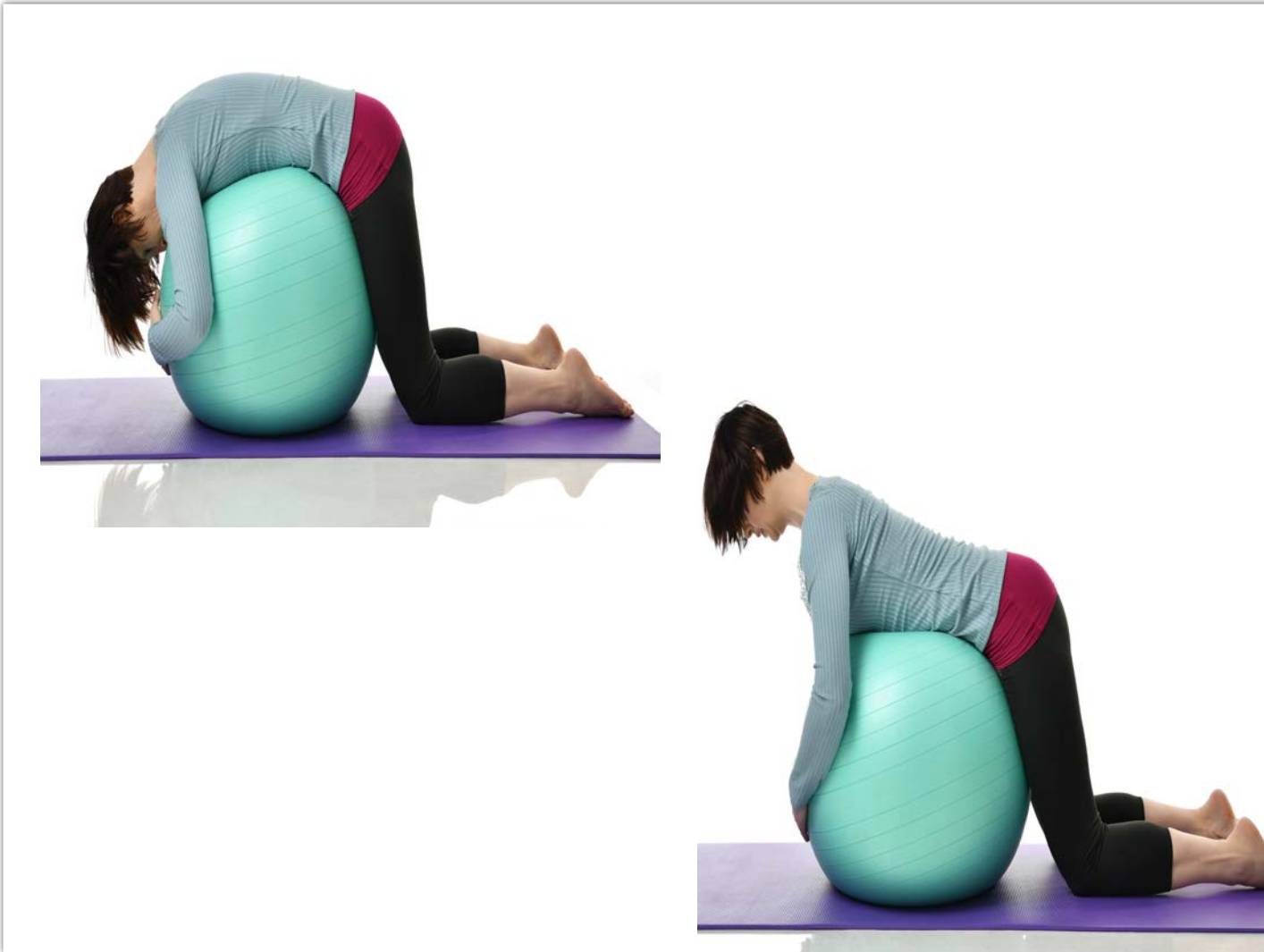
Signs and Symptoms of Diastasis (Abdominal Separation) Recti

- Noticeable protrusion in the mid line region of the abdominal wall
- Often seen as a triangle shape
- Posture / aesthetics
- [Constipation](#)
- Lower back pain
- [Urinary incontinence](#)
- [Prolapse](#)
- [Difficulty breathing](#)
- Discomfort in body movements
- [Stomach distension](#) (bulging)
- Weakness in the core

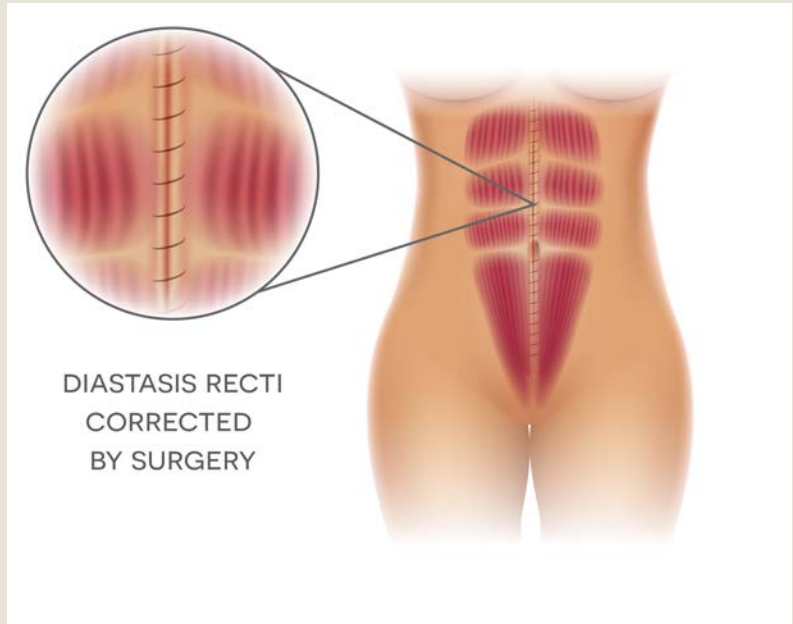
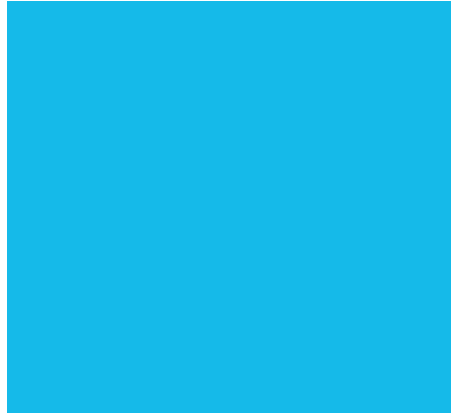
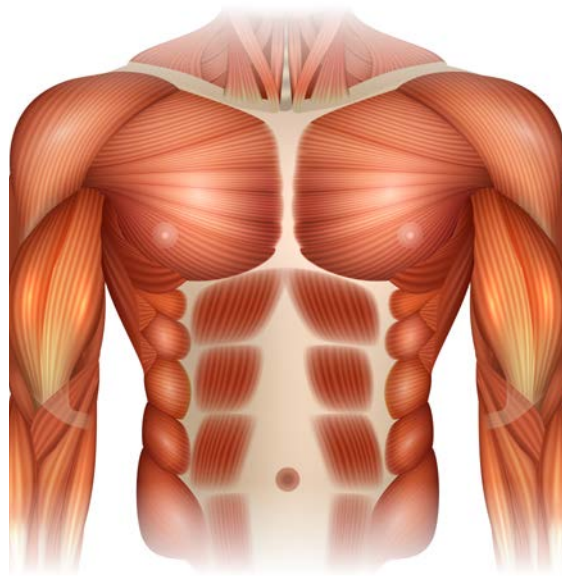
What do you think?







**Consider
Extension**



Related courses



SPINESAFEPILATES.COM

Education

for SpineCare Pilates Teachers



Diamond

PILATES

Pilates for Pelvic Floor Health

Thank you for listening.
Watch this space for
further training.

CHERRY BAKER

Education

new training!



Diastasis repair

Working with groups

Hypopressive

Abdominal Vacuuming

