



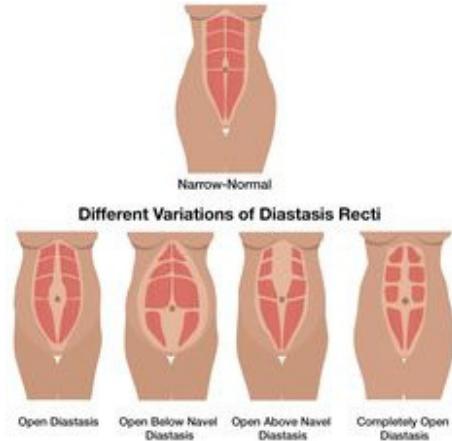
Supermum
PROJECT

EMPOWERING NEW MUMS TO
REGAIN THEIR BODY CONFIDENCE

DIASTASIS RECTI 101

WHAT IS IT?

Diastasis Recti (also known as abdominal separation) is a separation between the abdominal muscle connective tissue.



SIGNS OF DR

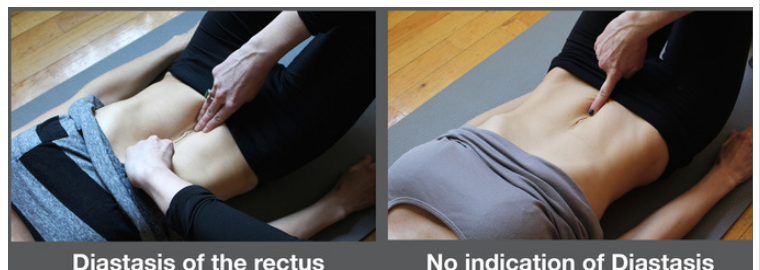
- ✓ Back pain
- ✓ Weakness in pelvic floor
- ✓ Poor posture
- ✓ Postpartum tummy pouch

WHAT CAUSES IT?

Excessive pressure on the abdominal muscles which stretches the linea alba, the connective tissue down the centre of the abs.

DO THE TEST

1. Lie on your back, knees bent feet flat.
2. Place your fingers just below your belly button and press down.
3. Lift your head and shoulders up



If the gap is 3 fingers or wider then diastasis recti is present.

If you find diastasis recti is present it is advised to avoid the following exercises:



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