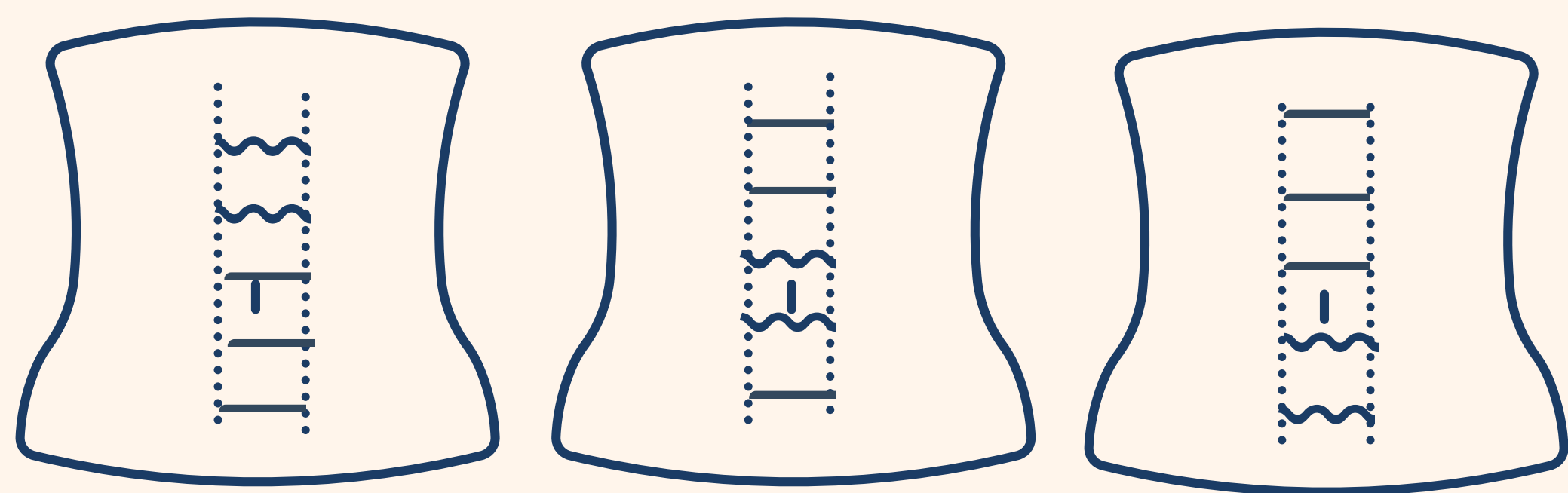


DIASTASIS - HOLISTIC ASSESSMENT & MANAGEMENT

A systematic approach to managing diastasis

ASSESSMENT: THE WHOLE LENGTH OF THE LINEA ALBA MUST BE EXAMINED



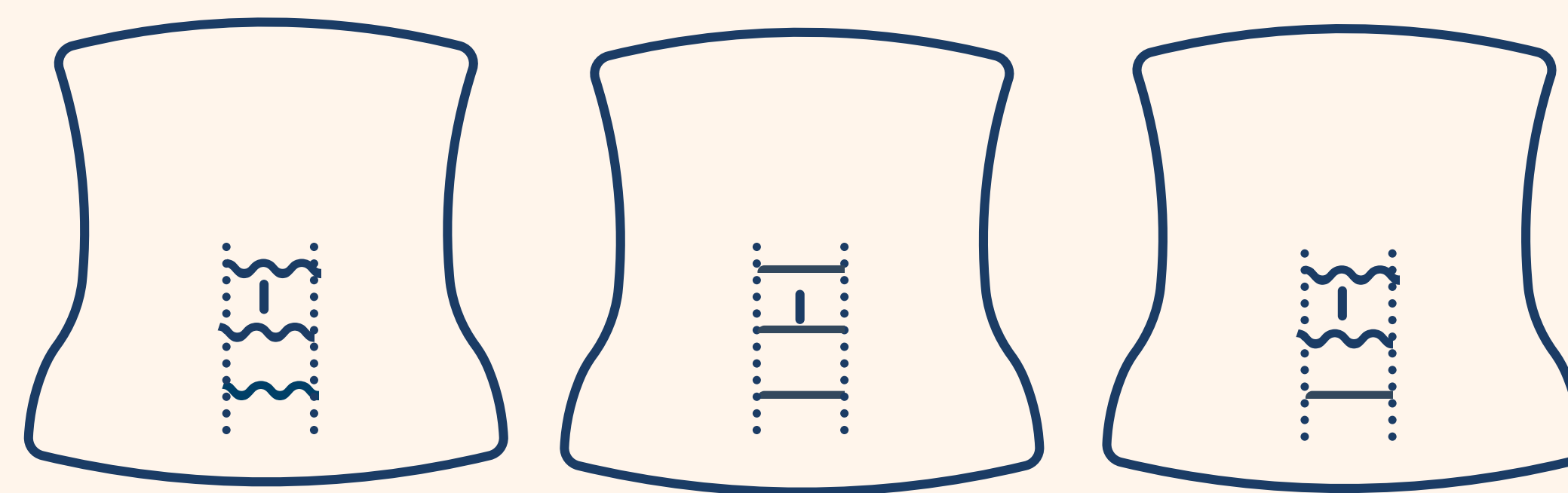
ABOVE THE UMBILICUS

AT THE UMBILICUS

BELOW THE UMBILICUS

Check the linea alba from the xiphoid process of the sternum, down to the pubic bone. There can be more than one area of weakness.

IT'S NOT ABOUT THE GAP - IT'S ABOUT TENSION



GAP AND SOFT TENSION

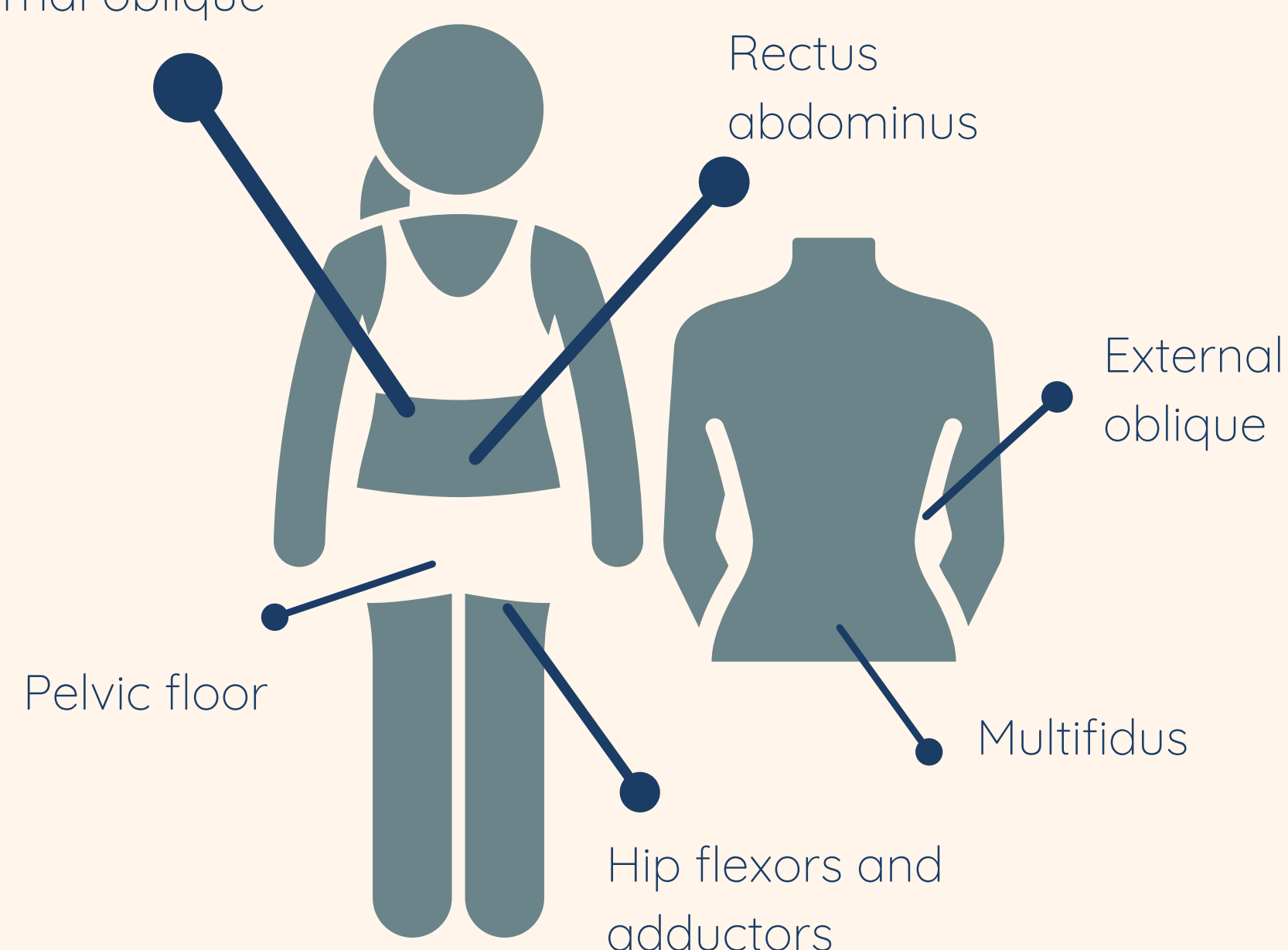
GAP AND STRONG TENSION

GAP AND VARYING TENSION



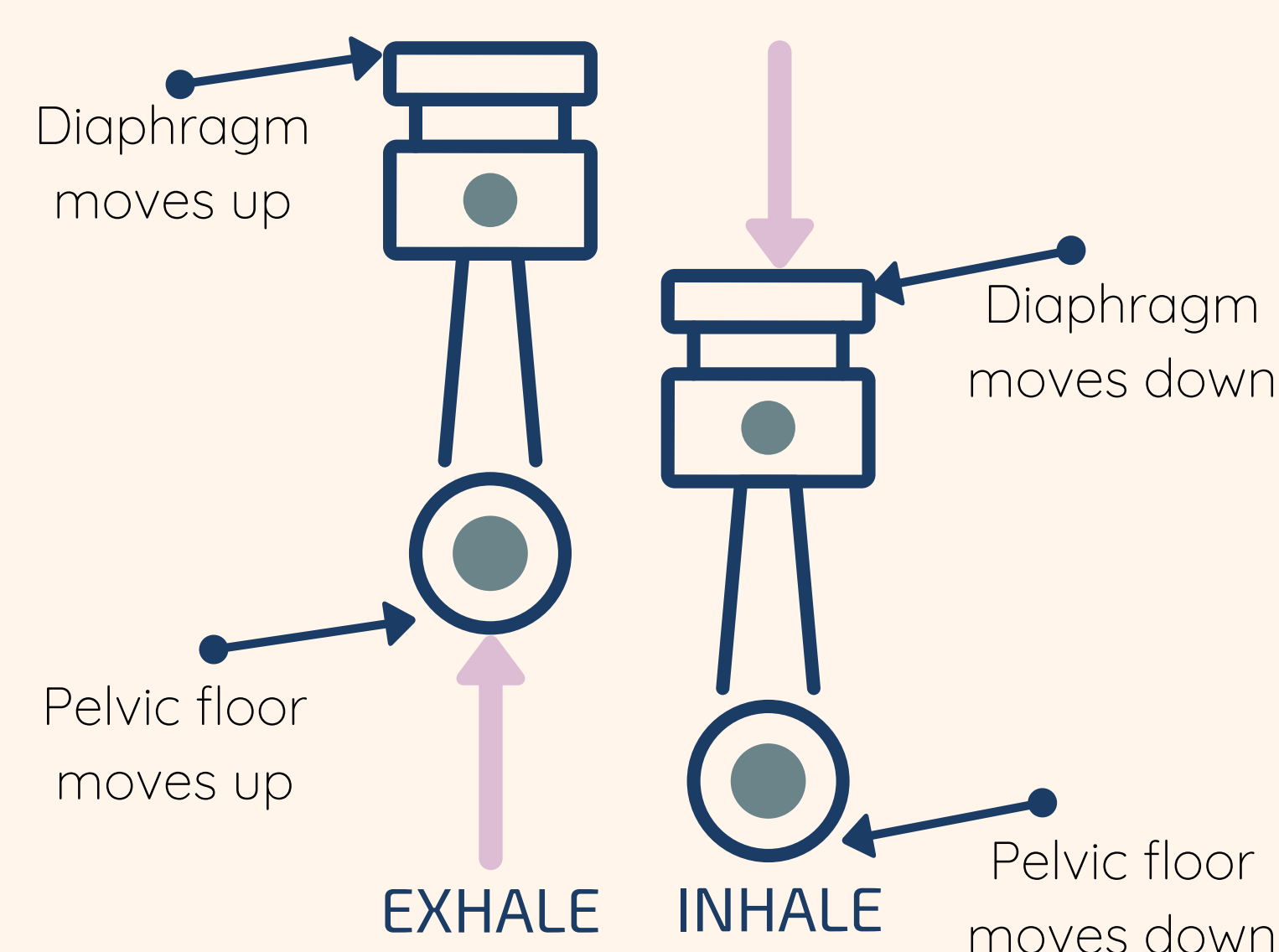
CONSIDER LOCAL MUSCLES THAT COULD BE INHIBITING CORE ACTIVATION THROUGH COMPENSATORY STRATEGIES/OVERACTIVITY

Diaphragm and internal oblique



ENGAGE THE PELVIC FLOOR AND TVA AS A CO-CONTRACTION, ON THE EXHALE

CORE FUNCTION: THE PISTON



THERE ARE NO SAFE OR UNSAFE EXERCISE - ASSESS THE INDIVIDUAL



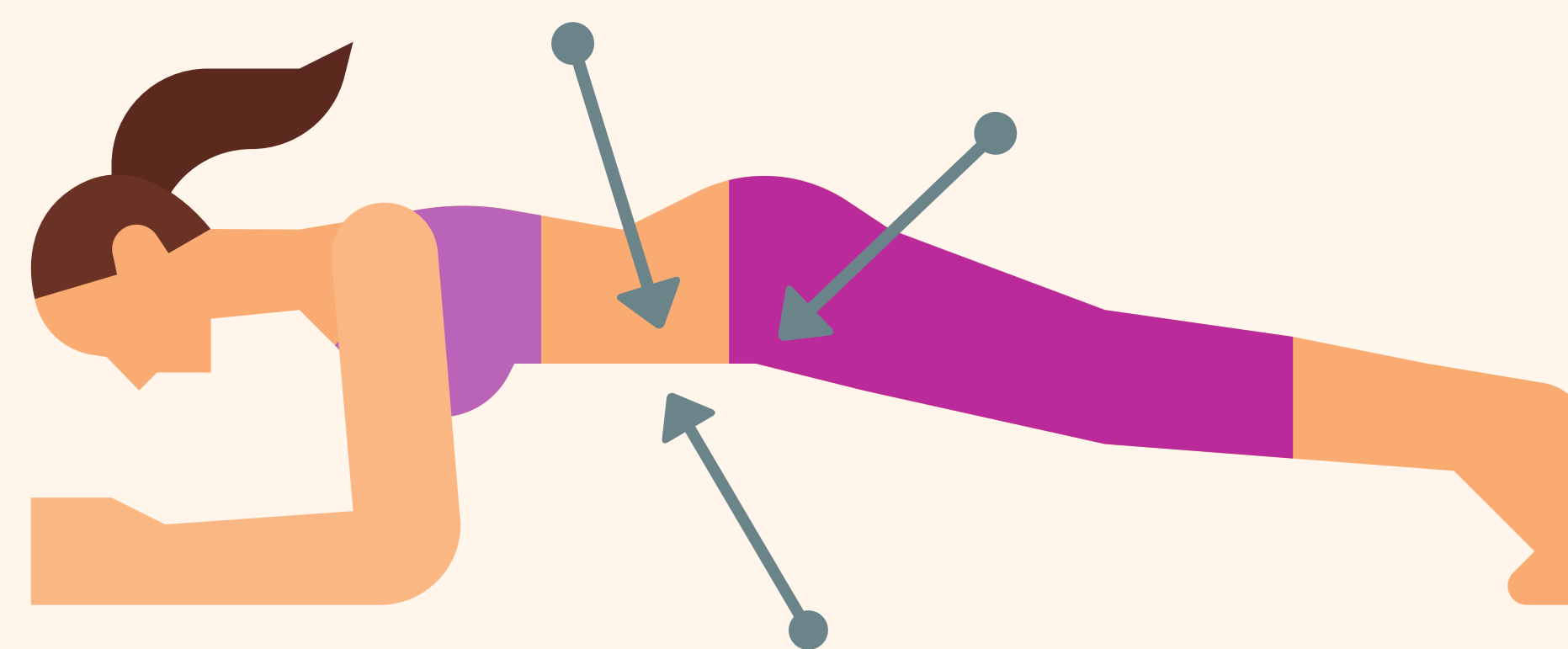
WHAT TO LOOK OUT FOR WHEN ASSESSING HIGHER LOAD ACTIVITIES

Is there any doming occurring at the linea alba?

Doming is a sign that the core is not managing pressure.

Is there any reported vaginal pressure?

A sensation of pressure is a sign that the core is not managing intra-abdominal pressure effectively and could make pelvic floor issues worse.



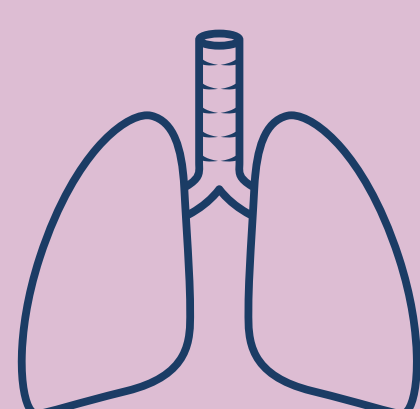
Can the patient complete the activity without breath holding?

Breath holding or lip pursing is a compensatory strategy and is creating unnecessary intra-abdominal pressure.

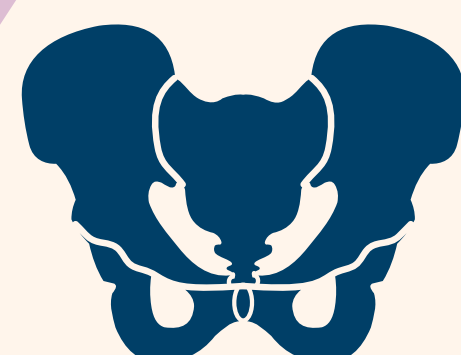
Soft tissue release/optimize muscle length for core activation



Correct breathing



Learn how to engage the core and pelvic floor



Add load



Get functional



Diastasis isn't just about exercise. Every element of this continuum helps the deep abdominals reconnect, engage and get strong.