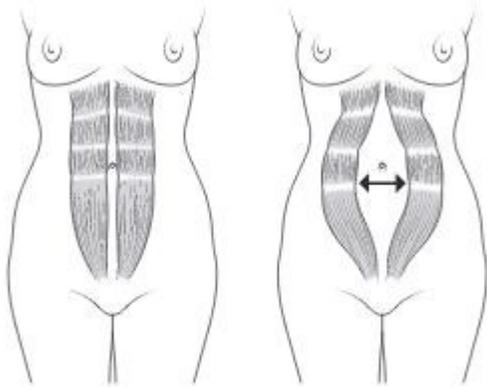


Abdominal Muscle Separation/Diastasis

What is an Abdominal Muscle Separation?

An Abdominal Muscle Separation is the separation of the long muscles of the abdomen. It is also known as a 'Diastasis'.



What causes this separation?

- A combination of factors during pregnancy can cause a separation of the abdominal muscles to occur. These include:
- hormonal changes
- weight gain
- abdominal muscle weakness and stretching of the muscles as your baby grows.

What it might mean to you

A separation is a normal safety mechanism to avoid the muscles tearing as your baby grows. It only becomes a problem if the muscles stay separated postnatally. Stretched and separated muscles do not provide full support for your back and may increase the incidence of back pain and back injury.

What can be done to help?

- Exercises to strengthen the deep abdominal muscles.
- Wearing an abdominal support belt, such as Tubigrip™, or firm compressive underwear.
- Avoiding sit-ups or abdominal crunches until the separation resolves.
- Rolling when getting into or out of bed.
- Minimising lifting anything heavier than your baby or anything that causes your tummy to bulge with strain.

Deep abdominal muscle and pelvic floor strengthening exercises

Pam is an expert in designing a programme for you to strengthening your tummy safely and effectively.

Where to get more information. Please contact reception on 02 42 855016 and give your contact details to the receptionist. Pam will then contact you to discuss your issues.

Adapted from information supplied by the Royal Women's Hospital, Victoria, Australia