

What is Diastasis Recti?

Diastasis Recti (DR) is a condition in which the rectus abdominis muscles separate due to pregnancy, weight gain, or exercising with poor form. It is caused by consistent forward and forceful pressure, and can be the bane of many women who are trying to decrease the size of their tummy following pregnancy.

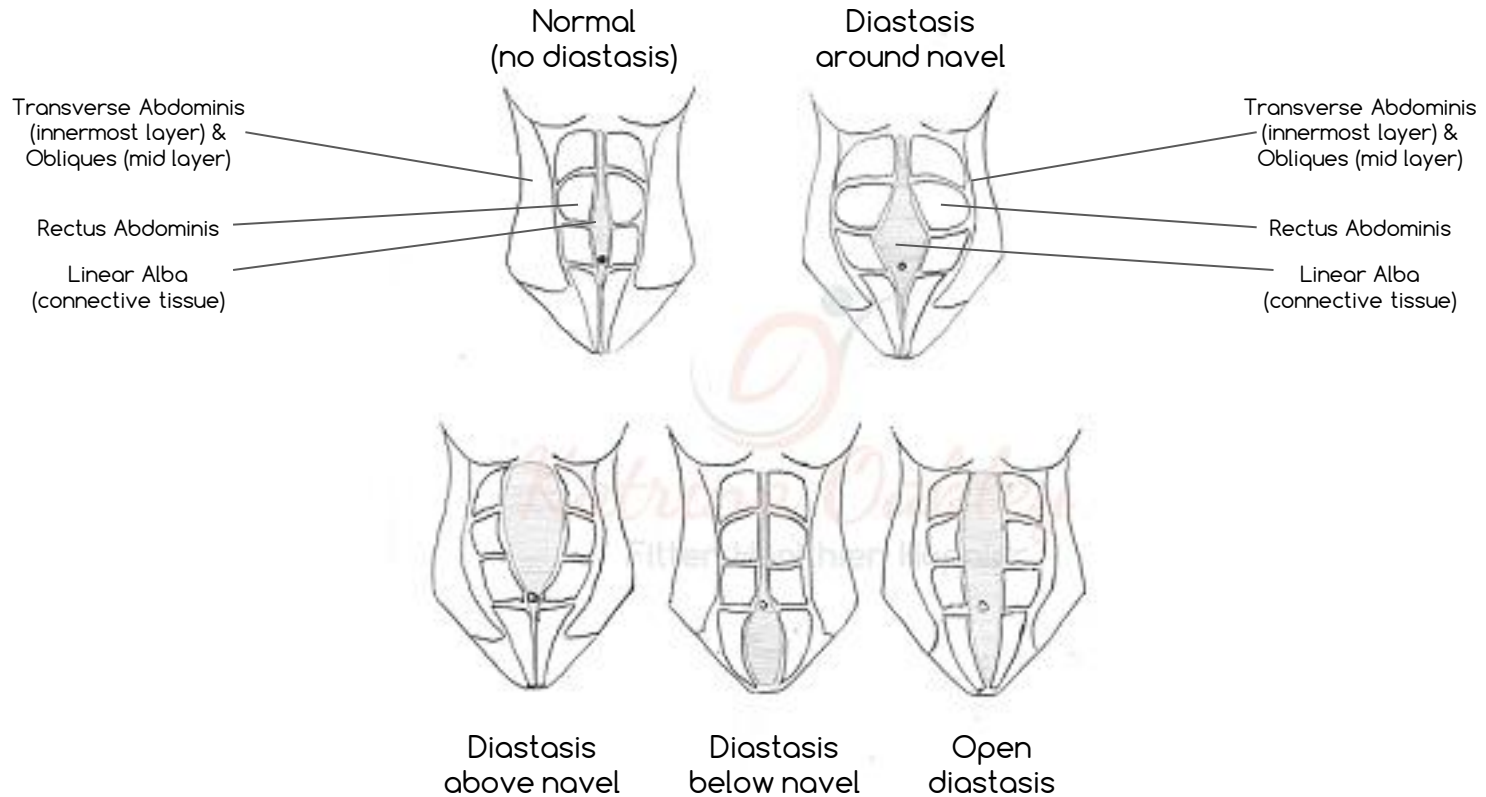
“Normal” abdominal muscles are usually held close together, in a DR they’re now separated. It’s commonly thought that at DR has width of at least two fingers, although it’s common to be as wide as 5-6 finger-widths, or even wider.

Likewise, where the connective tissue is normally strong and shallow, it can become weak and deep, as in “push your fingers into your belly” deep!

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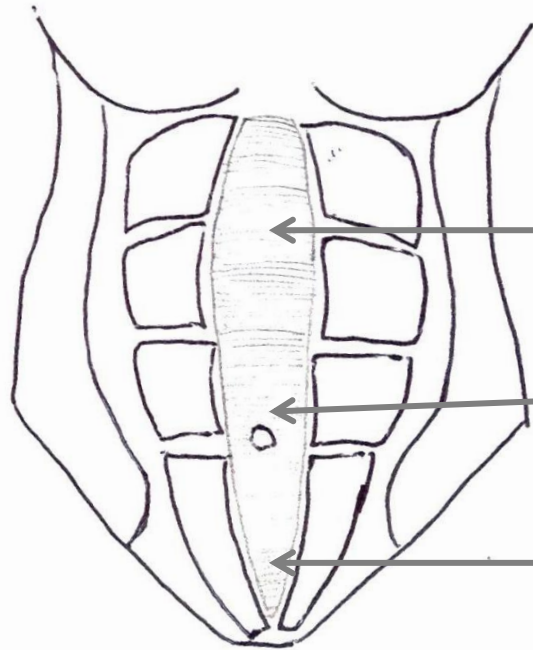
The most common cause of diastasis recti is pregnancy because the growing uterus puts pressure on the abdominal wall. This extreme stretching of the abdominal wall combined with the effect of the relaxin hormones create an increased laxity in the connective tissue of your abdominals, the linea alba.

The many forms of Diastasis Recti



Track your measurements

Make sure you have watched the video on how to take your measurements, [HERE](#)



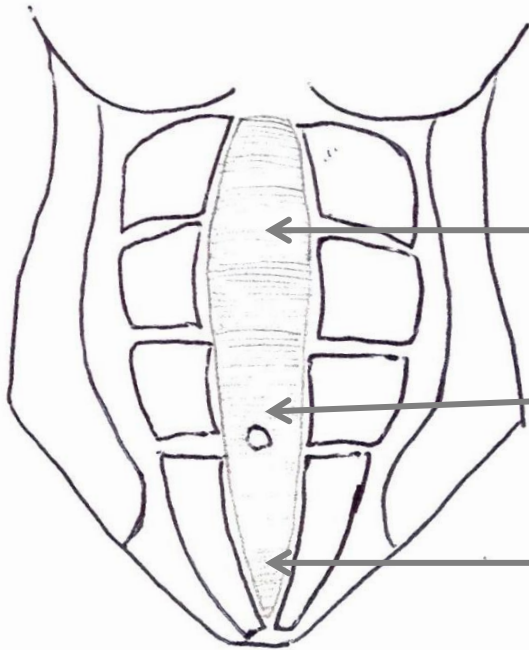
Initial Measurements

Measure	Relaxed	Engaged
Width		
Depth		
Width		
Depth		
Width		
Depth		

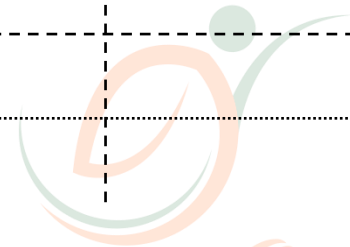
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Track your measurements

After [Beginner Program](#)



Measure	Relaxed	Engaged
Width		
Depth		
Width		
Depth		
Width		
Depth		

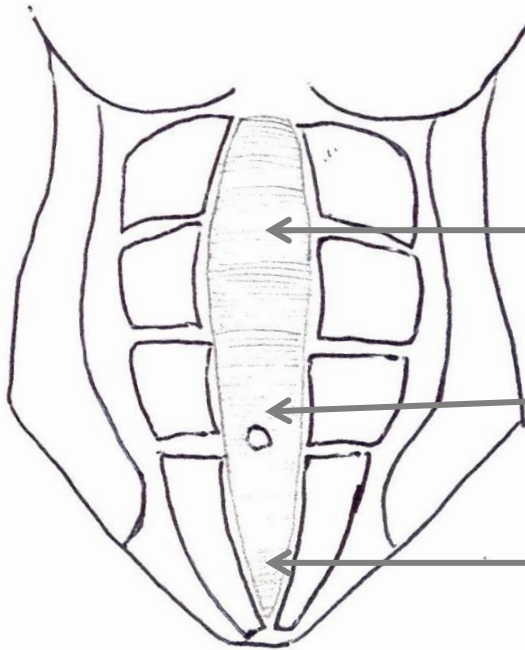


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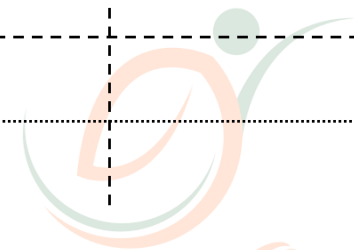
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Track your measurements

After Intermediate Program



Measure	Relaxed	Engaged
Width		
Depth		
Width		
Depth		
Width		
Depth		



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