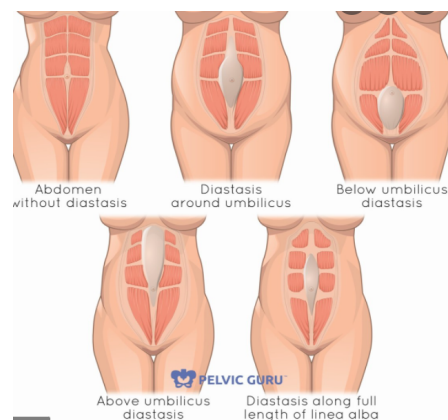


# Diastasis Rectus Abdominus

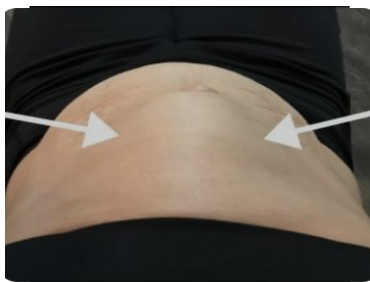
Why does it look like an alien is protruding through my abdomen? What exactly is [diastasis rectus abdominus](#), or DRA? It is the spreading of tissue on the front abdominal wall that happens in each and every pregnancy and ladies, this is completely NORMAL. It is the body's way of making room for that beautiful baby you are making. Aren't our bodies amazing??! The [linea alba](#), which is the tissue separating our right and left rectus muscles (6-pack), simply spreads. DRA can happen above, below and at the umbilicus. As pregnancy progresses, not only are we watching the width or distance of the separation, but also the depth.

Many times after baby is born, this separation resolves on its own. If it doesn't, then specific exercises and techniques can help.

There continues to be discrepancy on what is considered "pathological", but many sources will state greater than a 2.5 cm spread. The depth of the gap is also becoming even more of a consideration than just the width of the gap and also the quality of the tissue.



When exercising during pregnancy and also in the postpartum period, we want to assess and watch for any coning or doming that may occur. Coning/doming happens because the musculature cannot override the intra-abdominal pressure and that is when we see that bulge and worry that we have completely lost our 6 pack. During pregnancy, we want to minimize and control the coning/doming.



The goal is to work the entire core and gradually progress exercise in the postpartum period to be able to manage the pressure. With proper strengthening, breath work and motor control this can improve. In addition, the pelvic floor musculature cannot be ignored as many women also experience weakness in these muscles when DRA is present. I can help you by instructing in proper exercises and techniques and guiding you through your rehabilitation.