

Ash Kickin' Fit Club

One day during a personal training session, I was showing a client of my an exercise on the floor. When I lowered myself down, I noticed a strange, ridge-like shape form on my stomach. Granted I was 4 months pregnant but I was shocked by this new discovery. I then became fascinated with figuring out what I had and how to fix it.

What I had was diastasis recti. What is diastasis recti? It's the gap between your abdominal muscles that comes from many contributing factors such pregnancy, hormonal changes, weight gain, abdominal weakness, and poor posture can all be contributing factors. It isn't just pregnancies that can cause this, however moms who have had c-sections have a higher chance of developing diastase. This is a very common condition, yet it is rarely diagnosed.

Other signs and symptoms that diastasis recti can cause back pain, poor posture, pelvic floor problems (leaking a little when you laugh, cough, sneeze or jump), gastro-intestinal disturbances (constipation and bloating) are all symptoms that can occur when the support system for your back and organs are weak. The problem for most women that have had a baby and diastasis recti and do not properly heal and correct it, usually gets worse with each pregnancy.

Ok so how do you check for diastasis? (This is simply a test and you must test with your OB to diagnose the condition)

1. Lay on your back with your knees bent.
2. Keep your muscles relaxed and fingers pointing down horizontally, push your fingers into your belly button. Then lift your head.

3. When the muscles first start to engage, see how many of your fingers you can fit between the muscles and how deep your fingers go down. You will want to repeat this 3" above and below your belly button.
4. Diastasis recti is defined as more than 1-2 finger width separation.

1-2 fingers= Normal
2-3 fingers= Check with your OB
4-5 fingers= Check with your OB

More than likely your diastasis recti can be healed with exercise and only severe cases need surgery.

Know that doing traditional core exercises like crunches will only make it worse!

Unfortunately if you look up most postpartum fitness workouts they include exercises such as push-ups, planks, crunches, sit-ups, cross-over crunches, etc. These do not help your issue and in fact they will make it worse!

The proper core exercises will close the separation, flatten your belly, shrink your waist, relieve your back pain and improve many other problems!

What I have learned is that everyone can benefit from my Heal Your Mummy Tummy Training! I know that my core looks better, I feel stronger, my back doesn't hurt and no more leaking! These are all wins for me!

If you would like to know more about my Heal Your Tummy Workshop [click here](#).

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