

How To Get Up Without Causing Diastasis

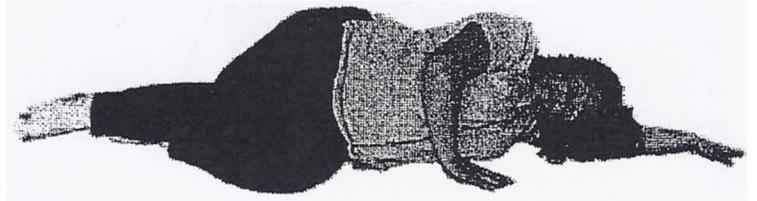


WHAT IS A DIASTASIS?

A diastasis is when the Rectus Abdominis muscle (the muscle that runs up and down your abdomen) splits right up the middle. This can happen when you are pregnant and don't get up or lie down properly.

STEPS TO PREVENT DIASTASIS

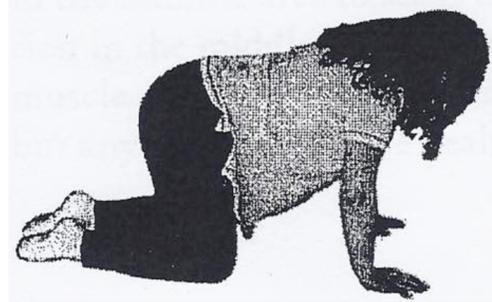
STEP 1. If you are lying on your back, roll over to your side without lifting your head.



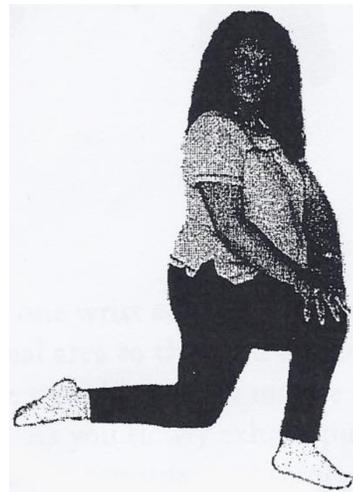
STEP 2. Holding in your stomach, use your hands to push yourself up into a sitting position. If you are in bed you can swing your legs over the bed and stand up from there.



STEP 3. If you are lying on a level surface come into an all fours position.



STEP 4. From the all fours position bring one knee up and place your hands on it. You can push up into standing position from there.



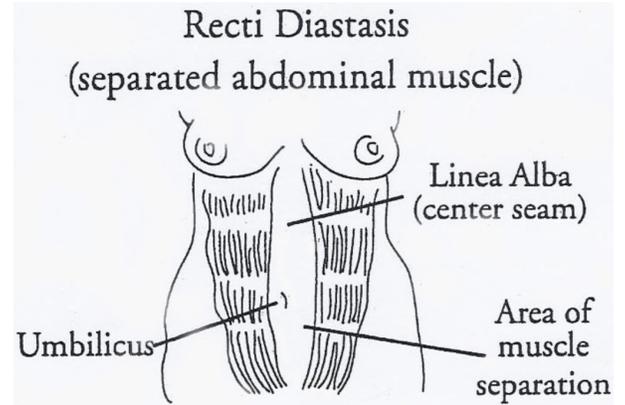
When you are getting into your car, first sit, while holding in your abdomen, then swing your legs around to the front. When getting out of the car, first bring your legs out to the side, again holding in your abdomen, then lead with your head as you get out.

For more information contact Karen Casino, teacher of The Pregnancy Workout and The New Mother's Workout (510) 644-2066

What Is Diastasis And How To Fix It



During pregnancy, this condition is seen typically in the last trimester, unless you developed a gap with a former pregnancy. The cause is a combination of hormonal softening of tissue, the stretching of muscle and the sometimes excessive strain occurring in later pregnancy when the muscles are in a lengthened state. For this reason it is very important to raise and lower your body properly.



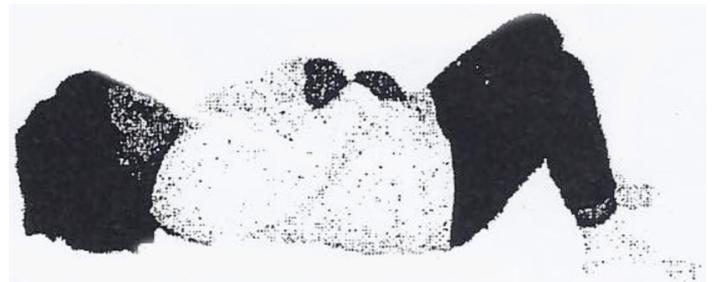
How To Check For A Diastasis

Slowly raise your head and shoulders. Check in the midline area to see if there is a separation in the middle of your Rectus Abdominis muscle. One or two fingers in width is normal by any larger should be dealt with.



How To Fix it

Cross your hands, one wrist above the other, over your abdominal area so that you will be able to support the two sides of muscle as you lift your head. As you slowly exhale, pull your stomach in, down towards your spine, lift your head while pulling the two sides of your abdomen together. Repeat several times morning and evening.



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