HEALING EXERCISES:
Core exercises that are variations of squats and lunges, standing pelvic tilts, and other standing exercises like overhead barbell squats. Walking can also be effective—just be sure you maintain good posture and keep the core tight.

NON-HEALING EXERCISES:
Sit-ups can actually make the bulge worse, and incorrect form while doing sit-ups can even cause diastasis recti. If you have diastasis recti you want to avoid doing anything that puts strain on the middle of the abdominals, where the muscles have separated.

POSTPARTUM POOCH WAR

TRANSVERSE ABDOMINIS (TVA)
Important muscles to enlist when exercising Innermost Layer & Obliques Midlayer

DIASTASIS RECTI
SEPARATION of the RECTUS ABDOMINS as the abdomen expands

LINEA ALBA
Stretches and shrinks during pregnancy Connective Tissue

RECTUS ABDOMINS
The muscles that separate with Diastasis Recti Outermost Layer

PELVIC FLOOR (PF)
Muscles that support the pelvic floor organs and stabilize connecting joints

For the full article explaining this infographic, visit our blog at www.issaonline.edu

International Sports Sciences Association