



POST-BABY  
CORE  
RESTORE

AMANDA ISAAC  
COACHING

# POST BABY CORE RESTORE

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## DISCLAIMER

Please note that all of this information has been compiled with the best of my knowledge. It is however not meant to replace the evaluation and diagnosis of a medical doctor or an allied professional such as a physiotherapist etc.

The author of this document does not accept any liability for injury occurring from the use of this program.

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## WELCOME TO AMANDA ISAAC COACHING

Understanding our baseline is important so that we can respect where our bodies are at in the present moment. So often there is a pressure to "bounce back" but truth be told many important issues get overlooked and we only set ourselves up for complications. It is so important we have a firm grip on what we are working with so that you can do the appropriate work in order to prepare your body for more intense exercise and more importantly prevent long term issues with pain or leaky bladders etc.

In this guide you will be shown how to assess whether or not you have diastasis recti and to what degree.

\*Self-assessment does not replace the diagnosis of a trained medical or allied health professional. If you find that you may have some degree of dysfunction you may contact your treating practitioner for further evaluation.

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## What is Diastasis Recti

### Diastasi Recti:

Put simply diastasis recti is a separation of the abdomen. The linea alba is the connective tissue that connects both sides of our abdominal muscles together. Under stress such as pregnancy, certain exercises or heavy weight lifting with improper form can cause this connective tissue to stretch to excess.

### Why does it matter:

Diastasis recti compromises the integrity of your core musculature. This weakness can lead to problems such as urinary incontinence, low back pain, hip pain, increased risk of hernia, vaginal bulging or heaviness, pain during sex, balance and postural concerns.



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## Diastasis Recti: Self-Assessment:

Lie on your back with your knees bent and your feet flat on the floor. Keep your head and stomach muscles relaxed as you palpate your abdominal muscles along your midline. Start at your chest and work down toward your belly button, scanning for gaps or changes in the muscle.

Next, place two fingers just above your belly button with your fingers pointing straight to the floor. Lift your head off of the ground a small amount, which will gently engage your core. As you work your way down the center of your abdomen you can see where and how wide of a gap that you have.

1-2 fingers is considered *normal*

2-3 fingers is considered *mild*

4-5 fingers is considered *severe*.

Now you will repeat the assessment but this time with your fingers pointing straight down towards your spine. What you are checking for is the depth and the elasticity along the midline. Areas with a greater depth or poor elasticity signal that the tissues are compromised and in need of attention.

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## Precautions and exercises to avoid:

Traditional abdominal exercises can significantly worsen diastasis recti such as:

Sit-ups or crunches

v-ups

leg drops

scissor kicks

abdominal bicycles

russian twist

plank

pilates “hundred”

high impact exercises: such as jogging, running

Jumping activities: jumping jacks, box jumps

Heavy resistance training

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**"Post-Baby Core Restore"**

Your 6-week postpartum recovery programme

[www.amandaisaaccoaching.com](http://www.amandaisaaccoaching.com)

A handwritten signature in a dark purple color, reading "Amanda". The signature is written in a cursive style with a large, looping initial 'A'.