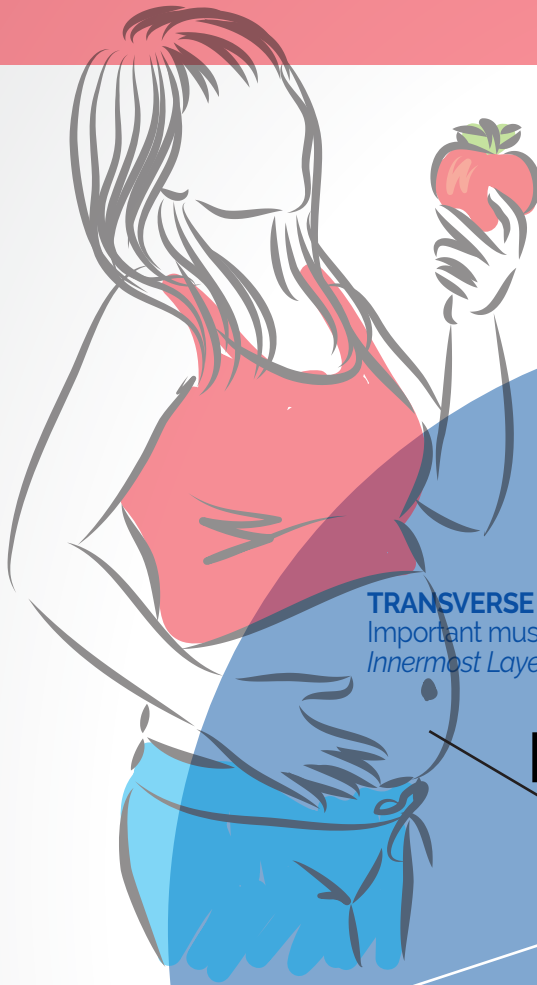


POSTPARTUM POOCH WAR



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

DIASTASIS RECTI

LINEA ALBA
Stretches and shrinks during pregnancy
Connective Tissue

SEPARATION of the RECTUS ABDOMINIS
as the abdomen expands

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

RECTUS ABDOMINIS
The muscles that separate
with Diastasis Recti
Outermost Layer



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.

