

The Ultimate Guide to...

HEALING YOUR DIASTASIS RECTI

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What is Diastasis Recti?

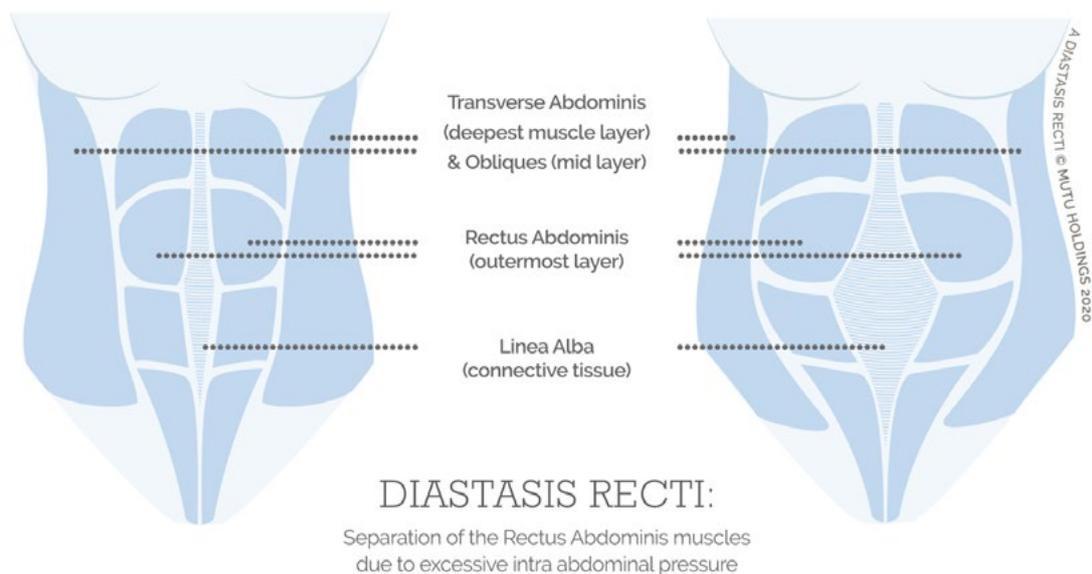
Diastasis Recti is a gap between the muscles at the front of your stomach. It's part of the reason you may still look pregnant when you're not, or why you're struggling to shift the baby belly.

The Science bit: Diastasis recti is the widening of the gap between the 2 sides of the *Rectus Abdominis* muscle - the vertical 'six-pack' muscles. The gap occurs at the Linea Alba, the midline collagen structures of connective tissue at the front of the abdomen. It's caused by excessive or un-contained intra-abdominal pressure.

AKA: 'The Gap'. DR, diastasis, 'Divarication of the Recti', DRA or 'Rectus Divarication'

Frequently called: Mommy tummy, mom tum, baby bulge, baby belly, pooch

Always: Very common and no need to panic.



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The first vital step in healing your DR

You've heard of diastasis recti. You've Googled it. You think you might have it. What next?

MUTU are world-recognized, medically recommended experts. You're in the right place.

There is a first vital step. A step I identified more than a decade ago and have been teaching and sharing through MUTU since.

It's connection.

You know how when you get your pap smear and for a few moments, you go to your happy place? A natural human instinct is to disconnect for a few brief moments to get through a necessary procedure, but it might be longer than a brief moment.

It might be that you're feeling that your tummy doesn't look or feel, or work like it used to, or like you want it to. You don't recognize your body as yours. You don't feel good, and so you shut down. Not just for a few moments, but for weeks, months or even longer.

You might get undressed in the dark, and jump under the covers, and don't look at your body in the mirror.

Your core muscles, ab muscles, lower back and pelvic floor work in sync with your breath. Holding you strong and stable, preventing leaks, twinges or pain, and enabling you to lift, twist and move with ease, preventing diastasis recti from becoming a problem.

Those muscles may not be firing, or you might not know how to make them work or how that should feel. This disconnect, this missing alignment, means not just emotional, but real, physiological disconnect. **No exercises will work until we reconnect.** This is why we start with tuning in, finding the right muscles. If you don't find them first you can't make them stronger.

Let's Do it right now.

Get comfy. That means sitting, kneeling or lying without strain or distraction. Close your eyes, relax your shoulders.

- 1 Take a breath in, down and low. Feel your rib cage and belly expand gently outwards and breathe out.
- 2 Inhale, releasing and expanding. Now breathe out through pursed lips and as you exhale, draw your lower abs very gently inwards.
- 3 Inhale, relax your ab muscles completely. Exhale gently again and feel your abdomen draw gently inwards.
- 4 Inhale, let the muscles go. Now exhale and this time focus on your pelvic floor, drawing and lifting upwards as if you're picking up a small grape with your vagina. Weird, but it works.
- 5 Inhale and release your pelvic floor muscles. Keep your shoulders down and relaxed. Exhale again and focus on your back passage this time, drawing up and in as if you're trying not to pass gas.
- 6 Inhale fully into your ribs again and release the pelvic floor muscles. Exhale, draw upwards again. Holding that fart, pick up that grape.
- 7 Try two more, relaxing fully on the inhale. Gently engaging pelvic floor and deep core on the exhale.

You're connected and ready to make MUTU core really work for you.

Diastasis Don'ts. What's making it worse?

Connection is the first foundational step to healing diastasis recti and associated core and pelvic floor concerns.

Once we begin the process of reconnection, finding our core muscles, feeling what it feels like to use them, what next?

The most cautioned exercises are crunches or curl-ups. There is some logic for this, but it's not the whole picture and it's not helpful. Just being told don't move your body like this does not inspire confidence or progress.

To clarify, a crunch is not going to help your diastasis if it is performed without effective engagement of your core muscles.

If the muscles you're trying to target, your abs, are not contracting right it won't work. If you're disconnected, if you're not sure what engaging your core feels like when you do it, effectively, they won't be.

IMPORTANT: That's when hip flexors or lower back muscles overcompensate for a lack of core strength. This is why you get pain symptoms.

At best you're not working your abs like you think you are or at worse you're pushing down and away on your pelvic floor. Not the direction you want your pelvic floor to go.

In MUTU we teach and guide you breath by breath to truly know how it feels when you engage your core muscles right. Then we add movement, load, intensity. The result is that you can do any exercise you want to, but build the foundations first and then add and progress layer by layer.

So rather than avoid this or that exercise, we want to back up and adapt movements that cause a red flag.

Core exercise red flags

- Bulging or doming anywhere on your abdomen when you do any exercise.
- Bulging in or from your vagina or rectum, or any feeling of heaviness or bearing down.
- Pain in your back, pelvis, abdomen, hips or leg.
- Leaking, urine or feces when you sneeze or laugh or cough or leaking as you're rushing to the toilet

If you experience any of these red flags, back up. It doesn't mean you'll never do it, it means your body needs to build the foundations first.



How to stand and move better

We get right into alignment in MUTU. How you stand, walk, sit and move.

Did you know that tucking your butt under prevents your pelvic floor muscles from working right?

A strong pelvic floor requires strong glutes, so untuck. Wearing high heels shifts your biomechanics. All this affects your core's ability to work and get strong for diastasis to heal.

Your core muscles have to be in the right place to work right.

We've got you. We'll show you how.

This applies to running, lifting, pull-ups, pole dancing, any movement or activity.

Find your core, be aware of your alignment, do your MUTU so you can do these things.

GET STARTED NOW! WITH A 10% PROGRAM DISCOUNT

Use this promo code at checkout: **DR10** or read on to learn more about **MUTU System**

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87% of participants in our NHS Hospital Clinical Trial saw improvement in their DR by week 3 of MUTU System!

MUTU System is the global best-selling, industry-acclaimed, holistic, realistic and supportive pregnancy and postpartum exercise and recovery program for mothers. MUTU is medically recommended and clinically proven.

Loved by tens of thousands of women around the world, MUTU is the truly effective, tried and tested solution for safe and beneficial pregnancy exercise, for diastasis recti, pelvic floor and core function and strength, from pregnancy to early motherhood and many years beyond. See our customer transformations and reviews [here](#).

It's about discovering your body awareness, body confidence and sexual confidence. It's about learning to love and respect your body enough to want to make it feel good. To nourish it, move it, strengthen it and use it confidently and with pride.



94% of MUTU mamas felt better about their bodies*



94% of MUTU mamas healed their diastasis recti/separation of the stomach muscles*



92% of MUTU mamas found they leaked less urine*



88% of MUTU mamas said that sex was less painful

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WHO IS IT FOR? MUTU is beneficial and safe for pregnant women and for all mothers, however long ago you had your baby and for every birth experience and journey.

WHAT DO YOU GET? You get full access to our membership site and private community MUTU Connect. Follow a series of highly instructive coaching videos and workouts over 12 Modules and in your own time.

SUPPORT AND COMMUNITY This is the part our customers rave about the most. As well as unique expert video coaching and real-time workouts MUTU also includes access to our private online community - a safe and super supportive forum of thousands of Moms and Moms-to-be from around the world. Here all your posts and shares are for other MUTU Mamas' eyes only. Our certified MUTU Pro is on hand for clarification, guidance and motivation. No automated responses or bots, this is human expert support personalised for you in real-time.

READY TO GET STARTED? Use this promo code at checkout: DR10

JOIN NOW

You're in the right place. Get truly empowered so that your body feels, and makes you feel, like you want it to.

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