

Whole Body

THE POSTPARTUM PROJECT

How to check yourself for a Diastasis Recti

1. Lie on your back with your knees bent up.
2. Place your fingers HORIZONTALLY across your abdomen about 2-3 fingers above your belly button.
3. Lift your head and upper back off the table and feel for a gap in which your fingers will slip into.
4. Repeat at your belly button and 2-3 fingers below your belly button.

Above Belly Button



At Belly Button



Below Belly Button



****This information is intended to be educational and is not a substitute for an exam by a physical therapist. If you would like a prescribed program based on your individual needs, we can be reached at:**

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