

physio



personal care
for personal health

she

DRAM

Abdominal Muscle Separation

What is it?

is the diastasis/separation in the rectus abdominis muscle – along your midline.

It occurs in pregnancy and can persist after birth.

It is measured across the navel, above and below the navel.

The abdominal muscles lengthen and widen to accommodate the growing baby. The weakest point of the rectus muscle is the tendinous midline.

Usual Presentation

DRAM is associated with back pain and pelvic girdle pain, abdominal and pelvic muscle weakness, urinary incontinence and prolapse.

What Can SHE Do?

SHE will assess your abdominal muscles for separation.

She will discuss with you the correct techniques and exercises for closing the muscles.

She will show you exercises that you can do and exercises that you should avoid during your recovery.

The physio will show you how to assess yourself. This is important in general exercise.

Learn how to get in and out of bed correctly and to lift baby up correctly to limit the DRAM.

What can I do before I see SHE?

Use correct techniques when lifting and carrying baby.

Avoid heavy household tasks: sweeping, mopping, vacuuming.

Reduce the size of your loads – Nappy buckets & baby bath: remove the water first. Divide Washing Loads.

Shopping bags – bring in perishables; Leave the rest for your partner to carry in when they return home.

Good abdominal support is helpful with a diastasis. This can be Corsetry, Tubigrip or compressive bike-shorts. Good perineal support improves abdominal support. That means the gusset/crotch of the pants need to be compressive and lifting too.

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