

8 POSTNATAL MYTHS OF DR

DR or DRA (Diastasis rectus abdominus) is a condition almost every mother experiences when carrying a child to birth. It means the abdominal tissues thin & allow a separation down the middle. For most moms, this separation will close soon after labor, but for some, DR may be more of an issue. While every journey to motherhood is different, here are some overall myths and facts about DR.

01 MYTH - DR IS THE SAME FOR EVERYONE

Every body and every pregnancy is different. There are 4 different kinds of DR and a licensed clinician can evaluate the length and width of your separation to determine your best next steps.

02 MYTH - DR ONLY HAPPENS TO OTHER WOMEN

Diastasis Recti is present in almost all pregnancies that reach 36 weeks. During the fourth trimester, consider your core area to be in recovery, whether you show signs of DR or not.

03 MYTH - MY DOCTOR WILL TELL ME IF I HAVE DIASTASIS RECTI

Your physician may never check you for Diastasis Recti since moms typically only have 1 postnatal check up. Be your own advocate and proactively ask your doctor.

04 MYTH - ONE EXERCISE WILL FIX IT

Sure, we all wish there was a magic bullet to heal our bodies, but the truth is our core is in charge of a lot of different movements and functions. For healing, you need to slowly integrate multiple styles of movement to strengthen your core stability.

05 MYTH - IT WILL GO AWAY IF I LOSE WEIGHT

Reducing internal abdominal swelling can help but DR is resolved by recovering the muscle and tissue stability, not weight loss.

06 MYTH - SURGERY IS THE ONLY SOLUTION

You can recover without surgery, though surgery is one option. Surgery is a personal decision that requires an understanding of the risk and benefits, but trust that it is not your only option.

07 MYTH - SUCKING IN MY STOMACH WILL HELP IT FLATTEN AND HEAL

Actually, sucking your belly button to your spine can cause more damage than good. Learn proper core contraction by working with a fitness professional.

08 MYTH - I CAN RESTART MY PRE-PREGNANCY WORKOUT

Go slow, mama. It is not safe to jump back into your pre-pregnancy workout. Instead, you should add on slowly, moving with the intention of rebuilding core stability, total body strength, and joint mobility.