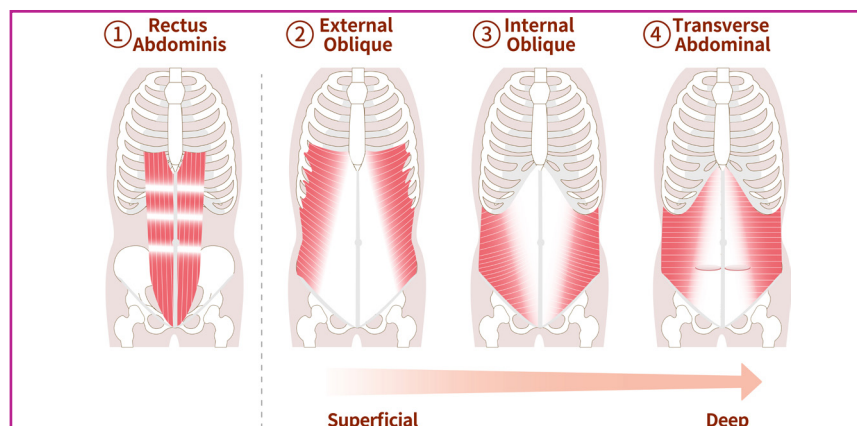


Pelvic Floor and Diastasis 6 Part Course

Part 5: Diving into Diastasis

- We have two sets of abdominal muscles, one on each side, and our abs are not always the same strength or length from side to side. In between the rectus muscles we have fascia that connects the two sides.
- Everyone has at least a little gap between the two sides.
- The degree of the gap and the firmness is what we evaluate to determine a diastasis recti.
- Anatomy review:
 - **Rectus abdominis**
 - Runs from front ribs to pubic bone
 - Flexes the spine, or anti extension
 - Narrows the linea alba
 - **External obliques**
 - Most superficial lateral abdominals
 - Runs from ribs down to opposite hip
 - Contralateral rotation
 - Narrows the ISA
 - Poor strength can result in QL tightness and hip hiking
 - **Internal obliques**
 - Layers split, with some running with the external obliques to drive movement and then others with the TAs to provide stability
 - Runs from the hip up to the opposite side ribs
 - Ipsilateral rotation
 - Stability
 - **Transverse abdominals**
 - Deepest lateral abdominals
 - Runs like a corset
 - Creates pelvic and spinal stability
 - Widens the linea alba, but decreases depth and assists with load transfer



- Rectus dominant engagement appears as a bread loaf look to the abs and contributes to diastasis distension and doming.
- Improving the ISA angle and mobility can assist with diastasis healing.
 - Wide ISA: More room for pressure to build and escape from the front, contributing to diastasis recti
- Addressing how abdominal tissue is able to concentrically contract and eccentrically lengthen will contribute to pressure management, balance in abdominal muscles, and fascial tension.
 - Need to look at how the kinetic chain affects this, as well.
- How do we facilitate fascial turnover to promote healing?
 - We want stress, but not too much stress
 - We want pressure, but not too much pressure
 - We want overload, but not too much overload
- Just like pelvic floor issues, a diastasis can involve total body issues.