

# PELVIC FLOOR AND DIASTASIS

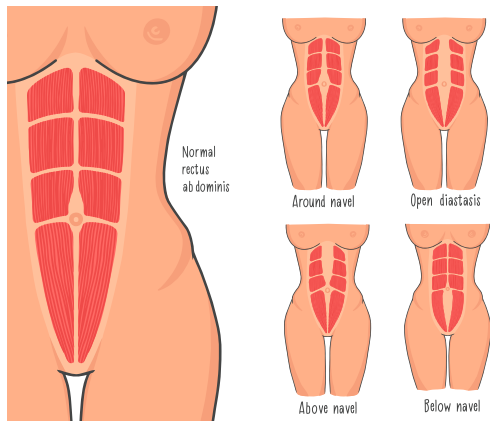
## 6 PART COURSE

### Part 5

#### Diving Into Diastasis

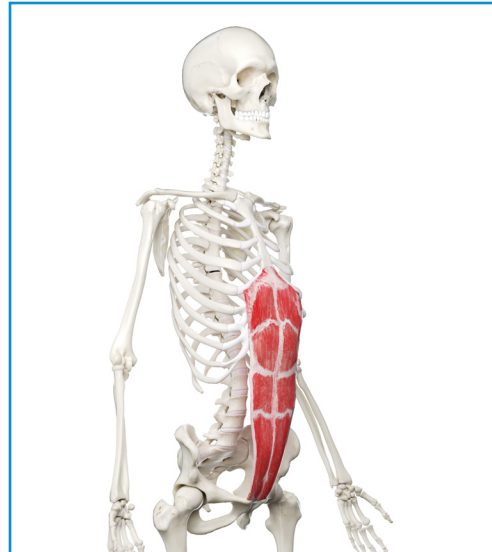
##### What is a diastasis?

- We have two sets of abdominal muscles, one on each side, and our abs are not always the same in 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.
- Diastasis can happen in different locations, depending on where the gap is.
- Just like with pelvic floor dysfunction, a diastasis can be affected by movement patterns in the whole body.



#### Anatomy Review

##### Rectus abdominis



- Runs from the front of the ribs to the pubic bone.
- Flexes the spine, or anti-extension.
- Narrows the linea alba, decreasing the width of a diastasis.

##### External obliques



- The most superficial lateral abdominals.
- Fibers run at a diagonal from the ribs down toward the front of the opposite side hip.
- Creates contralateral rotation.
  - Can concentrically contract on the contralateral side or eccentrically lengthen on the ipsilateral side, depending on the load
- Narrows the ISA.
- Poor strength can result in QL tightness and hip hiking.

### Internal obliques



- The layers split, and some run with the external obliques to drive movement while others run with the TAs to provide stability.
- Goes from the hip up to the opposite side ribs.
- Drive ipsilateral rotation.
  - Can concentrically contract on the ipsilateral side or eccentrically lengthen on the contralateral side, depending on the load
- Provide pelvic stability.

### Transverse abdominals



- The deepest lateral abdominals.
- Runs like a corset.
- Creates pelvic and spinal stability.
- Creates tension across the linea alba and widens it but decreases the depth, and assists with load transfer.

### Balanced engagement of the abdominals

- Rectus-dominant engagement appears as a bread loaf look to the abs and contributes to diastasis distension and doming.
  - Need more TAs to flatten the abs to decrease doming and create stability in the spine and pelvis



