



Diastasis Recti – Phase 1 Guide

This quick physiotherapy guide helps you start understanding and managing diastasis recti.

Inside the PDF you will find:

- a simple **at-home self-assessment test**
- **physiotherapy exercises** for the first phase of recovery
- clear instructions with **photos and video demonstrations**

This is a **quick and practical guide** designed to help you begin activating the deep abdominal muscles safely from home.

Download the guide and start your first step toward better core control.

AT-HOME SELF-ASSESSMENT

 This test **does not** replace a professional evaluation, but it helps you **understand your starting point**.

It allows you to:



Detect possible separation between the rectus muscles



Feel how your abdomen responds under effort



Choose exercises appropriate for your condition

The goal is **not perfect measurement** — it is **awareness**.

DIASTASIS SELF-TEST



Watch the demo:

<https://youtube.com/shorts/BPK-qTww6uM>

Starting Position

- ✓ Lie on your back
- ✓ Bend your knees
- ✓ Feet flat on the floor
- ✓ One hand behind your head

| The goal is not perfect measurement — **it is awareness.**

2. Transverse Abdominis Activation (TrA)



Watch the demo:

https://youtube.com/shorts/V_ZD0vaC_Ak

- Lie down or sit upright, hands on lower abdomen.
- Inhale → relax.
- Exhale → gently draw the navel inward as if closing a corset.

| The goal is not perfect measurement — **it is awareness.**

8. Hypopressive with Arm Variations

Posture 1 — Arms Low (Pelvic Level)

Hands near pubic bone, elbows soft.

Gentle downward traction during rib expansion.



Your program is ready to download!

You're all set to start your Diastasis Recti Phase 1 – Physiotherapy Protocol. Click the button below to download your guide and begin your recovery journey.



Download your Diastasis Recti Protocol

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