Things to remember!

- **Diastasis Recti**
  - Check at 6 weeks.
  - We want it to be 2 finger widths or less. Monitor the width to make sure it closes to 1 finger width.
  - Don’t do sit ups/crunches until it is 1 finger or less.

- **Intercourse**
  - Start slow
  - Scar tissue massage if needed
    - Heat, lubrication, multiple directions
    - Slippery Stuff Lubricant
    - Vaginal dryness- use coconut oil as a daily moisturizer

- **C Section**
  - Scar tissue management
    - Start early! As soon as the incision is closed and healing, begin gentle scar tissue massage
    - Small circles with low pressure
    - Progress to increasing pressure with swiping up/down and side/side

Lastly, begin skin rolling.
During Pregnancy
  o Protect your abdominals
    ▪ Don’t sit up with a crunch motion
    ▪ Log roll into and out of bed

  o Use your muscles!
    ▪ Keep walking, keep moving, don’t rely on assistance to get out of bed or a chair
    ▪ Kegels- at least 60/day
  o Hydration
    ▪ Prevents contractions too early, good blood flow, reducing impact of varicose veins
  o Perineal Stretching
    ▪ Begin at 34 weeks
    ▪ Can be self or partner assisted
    ▪ Stretch down to 6 o’clock (slight sting)
    ▪ Progress to rolling outward toward 3 and 9 o’clock

  Size will return!

Come to therapy if you have:
  • a diastasis recti that is not improving
  • pain with intercourse
  • painful c section scar
  • pain during pregnancy

Call or email if you have questions!
Therapy is covered under your insurance. It is typically either part of your deductible or has a co-pay.

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