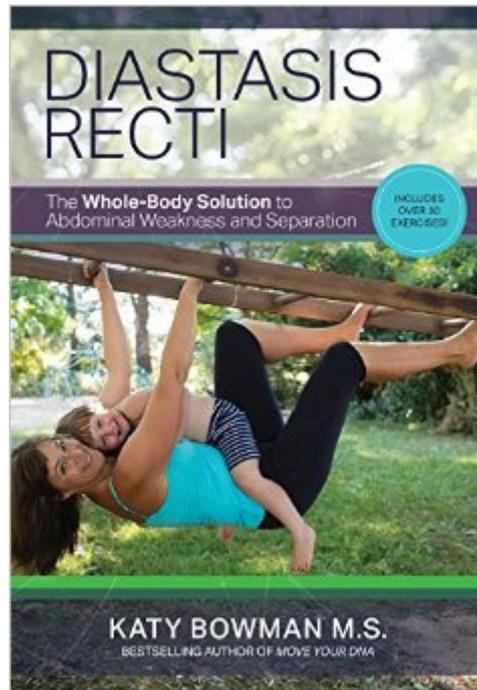


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# Diastasis Recti: The Whole Body Solution To Abdominal Weakness And Separation



## Synopsis

Diastasis recti, the separation of the abdominal muscles, is a symptom of a whole-body problem. Your abdominal muscles bend, twist, and support the spine. They contract and release to help you breathe, cough, talk, and sing. They stretch to accommodate pregnancy, haul your lower body towards your upper, and protect your abdominal organs. They should not be splitting down the middle. In *Diastasis Recti: The Whole Body Solution to Abdominal Weakness and Separation*, biomechanist Katy Bowman explains the larger picture when it comes to DR including body alignment; frequency of movement; the effects of all-day forces, like intra-abdominal pressure; and why a few exercises simply aren't enough for long-term success. You need to learn a new way to move for an improved set of core muscles. Because the abdominals are connected directly and indirectly to every other part of the body, *Diastasis Recti* lays out a whole-body corrective program to address the factors that overloaded the core in the first place. With over 30 exercises and habit modifications, this book is for any man or woman experiencing abdominal separation or weakness and wanting to improve both the appearance and the function of their abdomen.

## Book Information

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (30 customer reviews)

Best Sellers Rank: #8,998 in Books (See Top 100 in Books) #22 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation](#)

## Customer Reviews

Postpartum mom here, looking to remedy the mild diastasis and core weakness I have after multiple pregnancies (including one with multiples!). I found this book to be an outstanding resource in the area of body alignment and posture. Katy Bowman very clearly defines what healthy body alignment is and how body alignment either heals or exacerbates a diastasis recti (DR). I came away from the book with ready-to-implement ideas for bettering my posture as I sit, stand, and move through daily life as a busy parent and felt encouraged to move more and move more mindfully. Why only 4 stars?

Well, I will admit that one thing I was looking for (and am still looking for) is a simple 5-20 minute daily core workout with DR-friendly exercises. There are whole chapters full of exercises in this book, but most are aimed at stretching and restoring mind-body connections to each of the muscles that link up with your core. Only a couple target the core specifically. Yes, Katy's overarching point is that DR is a whole-body problem that requires a whole-body solution. But at the end of the day, many of her readers, like myself, may want more specific core strengthening exercises that meet her criteria of working multiple muscle groups through a range of motion. I am aligning my body more effectively now, but...my core is still weak! Another pro/con of this book (and it is both a pro and a con) is that tailoring her recommended exercises to your situation is up to you. There are several chapters of exercises, which makes it both a versatile, adaptable sourcebook and a bit of work for the reader.

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