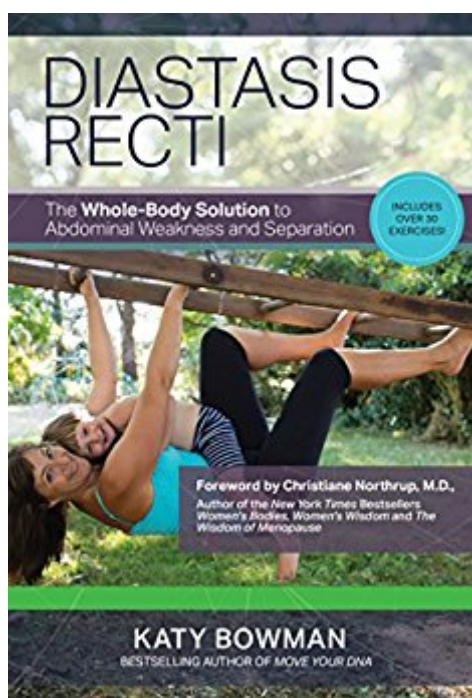


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# Diastasis Recti: The Whole-Body Solution To Abdominal Weakness And Separation



## Synopsis

This book's exercise program is designed to be gentle and effective for diastasis recti, core weakness, pelvic floor disorders including pelvic organ prolapse, and general hypermobility. DIASTASIS RECTI, AN UNNATURAL SEPARATION OF THE ABDOMINAL MUSCLES, IS NOT JUST A "WEAK CORE." IT'S A SYMPTOM OF A WHOLE-BODY PROBLEM. Your abdominal muscles have many important jobs • helping you do everything from twisting your spine to singing, accommodating pregnancy, and protecting 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 focusing on doing a few exercises doesn't often result in long-term success. You must learn a new way to move for an improved set of core muscles. Diastasis Recti presents: • why it's better to think of a diastasis as a symptom than as "the problem" • how your current movement habits can be worsening your separation • five postural adjustments to make immediately • why mainstream core exercises like crunches and planks can make a diastasis worse • how to sit, stand, and walk for a stronger "whole body" core. With over 30 exercises and habit modifications, this book presents a whole-body corrective program to address the forces overloading the core in the first place. Diastasis Recti is for any man or woman wanting to improve both the appearance and the function of their abdomen.

## Book Information

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## 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. It's up to you to try the exercises, see which are most applicable to your body and situation, and create your own plan to do them regularly (I'm guessing that not many of us have the time to do every one every day!). This is NOT a "read the chapter with the core workout and just do that" kind of book. In the end, though, her holistic view of DR is right on target--resolving it is not a matter of "fixing" one thing, but of addressing multiple factors (posture, diet, lifestyle, etc.). This book supplies that vision and a solid plan for addressing some of those areas. You may find as I did that it does not solve every problem or provide every resource you need to improve your DR, but it gets

you started and heading in the right direction.

The best book for any person ever. Align your body to prevent problems down the road. Start young. Teach your kids proper body alignment so they don't have problems later in life.

Love love love the number of exercises included. The pictures of the exercises have range of movement to help the reader make sure they are doing them correctly.

This is a practical, every day guide. The book is clearly written in enough detail to inform but not so much detail to make your eyes glaze over!

Great!

Written so well, easy to read and very informative. Things I would never have known about my DR explained in great and simple ways!

My doctor recommended that I read this book to hopefully prevent a Diastasis during my pregnancy. So far I do feel like the book has helped me become more aware of how a Diastasis Recti is formed and how to try to prevent one, but the reading is dry and I have a hard time following it.

So far, so interesting! I appreciate the detailed explanation of anatomy and the mindfulness toward small adjustments in everyday movement.

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