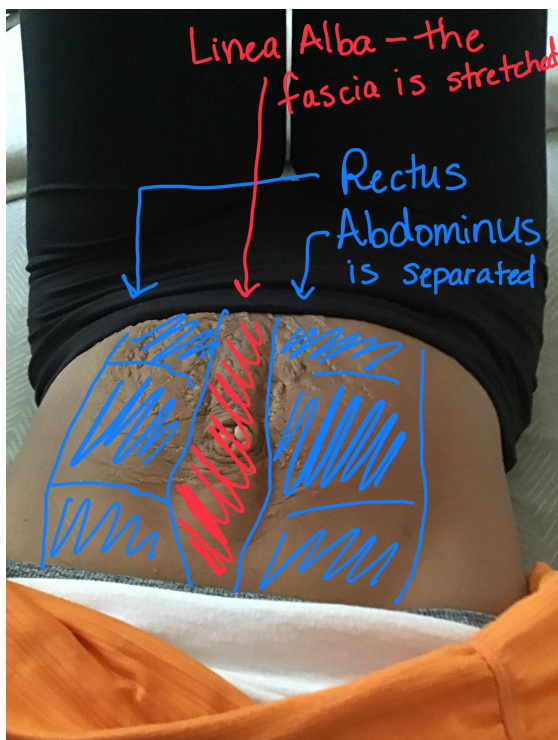


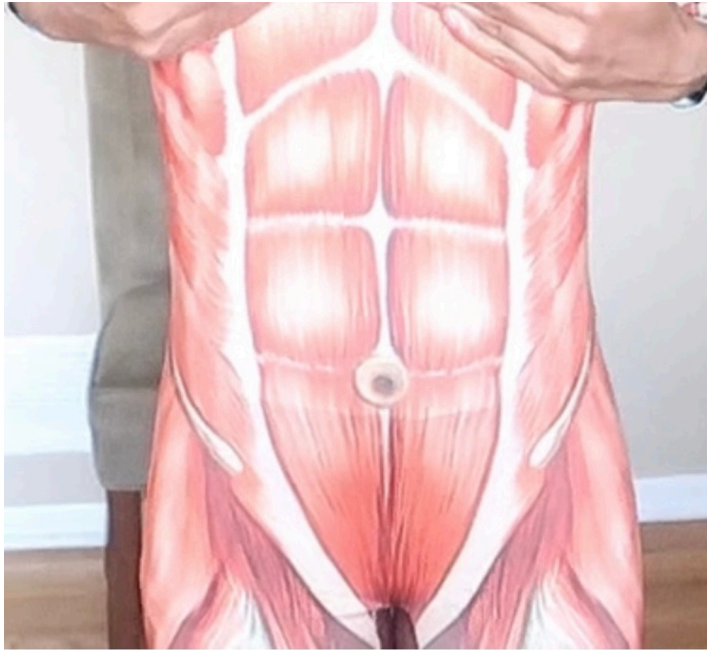
# What is Diastasis Recti?

Diastasis Recti is the separation of the rectus abdominal or “6-pack” muscles at the midline of your stomach. You can see what it can look like in the images below.

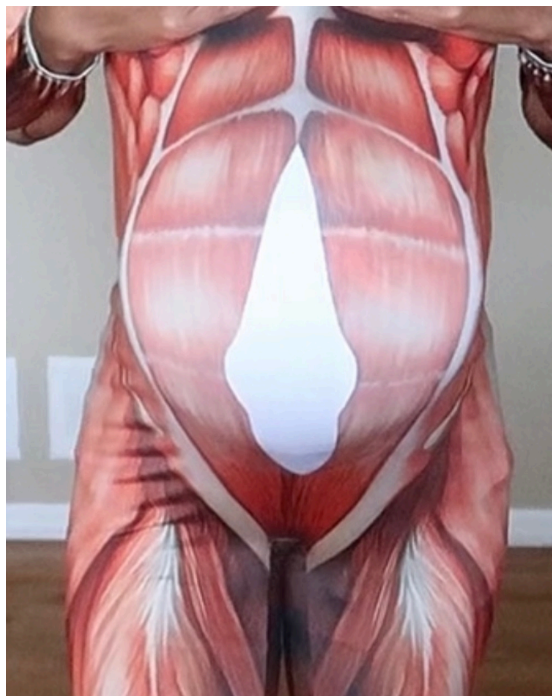


This separation occurs when the fascia that connects the left and right sides of the abdominal muscles, becomes stretched.

In the picture below, you can see the thin white line of fascia going down the midline of the abdominal wall. It's connecting the two sides very closely together.



In this picture below, you can see the fascia connecting the two sides is very stretched out and the muscles are also weakened.



What are the odds?

- **100% of women** get Diastasis Recti by the end of their pregnancy
- **2 out of 3** women have it at **6 weeks** post partum
- **1 out of 2** have it at **6 months** post partum
- **1 out of 3 will still** have it at **1 year** post partum.

From what we've seen in the literature and in working with thousands of women, **once you hit somewhere between the 6 month to 1 year mark, the diastasis stops healing on its own.**