

What Difference does Breathing Make for Diastasis Recti?

Let's try a little breathing experiment.

Take a deep breath.

Give me a deep inhale...

Now exhale ALL of your breath out...

What areas of your body move with your breath? Try the exercise again and take note. Ideally, **we want our entire core to expand out evenly**. Like what you see demonstrated in the video link below.



There are many benefits to breathing in this way, including:

- stretching our mid back
- relaxing and stretching our hip flexors
- maximizing oxygen intake (very important for healing)
- [reduce stress](#)
- [lower heart rate](#)
- relaxation
- and more...

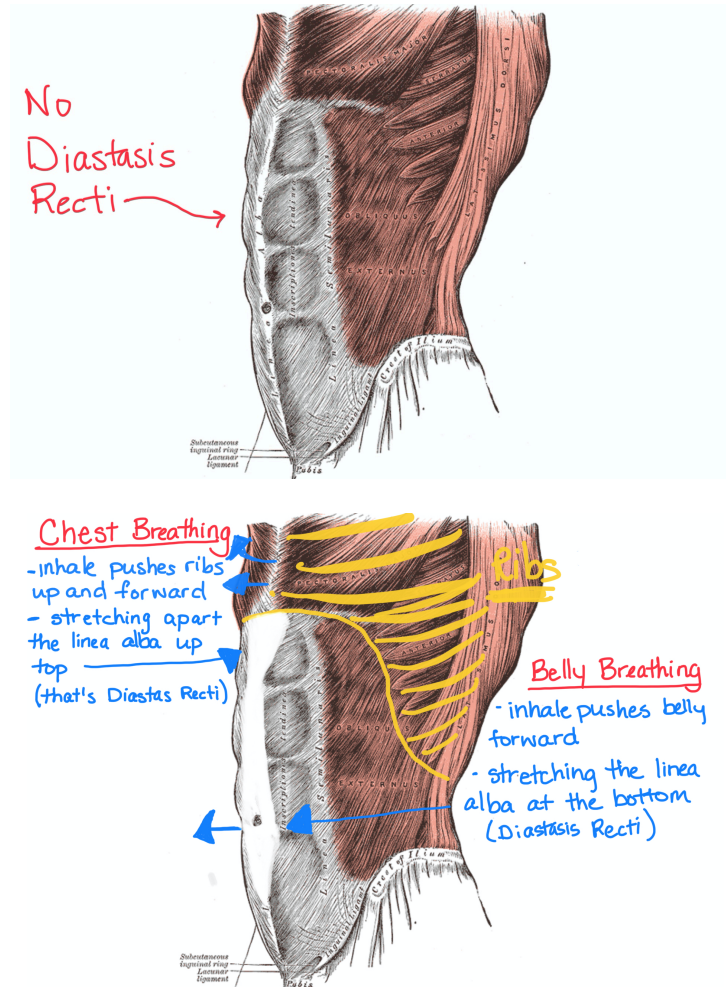
What breathing patterns do we often see?

We often see **chest or belly breathing**, with the former being most dominant.

Some of us may find that **mainly our chest rises up and down** with our breath — **chest breathing**. Others of us find that **mainly our belly moves out and in** with our breath— **belly breathing**.

Both scenarios can be problematic for Diastasis Recti.

To put it simply, **chest breathers can put stress on an upper diastasis**. The flaring of the ribs up and out pulls on the diastasis from the top because the abdominal muscles are attached to the lower part of the rib cage. On the other hand, **belly breathers can put stress on a lower diastasis**, from ballooning the tummy in and out all day every day.



However we breathe, we have developed that habit over time. It's now important to recognize it and establish a more efficient way. This is why we **practice** how we breathe in the beginning of this program. Sometimes people literally begin closing their diastasis recti by just correcting their breathing.