



Pregnancy & Postnatal

Stomach Muscles

Can you feel a 'gap' between your stomach muscles?

Do your stomach muscles make a 'tent like peak' when you sit up?

Do your abdominal muscles feel weak and loose after having your baby?

Stretched and weakened stomach or abdominal muscles during pregnancy and after birth are common and can contribute to pain and cause distress. You might find yourself more prone to back pain, feeling unsupported or weak and self-conscious about your body image.

The abdominal muscles are the major support of your spine. Separated or weakened abdominal muscles can cause back pain, injury and poor posture. In some women the abdominal muscles separate, this is called a DRAM (Diastasis of rectus abdominis muscle). Whilst a small amount of widening is normal and occurs in all pregnancies, in some women the muscles separate too far and stay separated weeks and months after giving birth.

Two thirds of pregnant women have some degree of abdominal separation. Hormonal changes in pregnancy, stretch due to the growing baby, a large baby or twins, multiple pregnancies, heavy lifting, constipation and straining can all negatively affect the stomach muscles.

A specific abdominal, hip and pelvic muscle strengthening program will help you regain muscle tone, ensure optimal recovery and protect your back.

At Women's & Men's Health Physiotherapy we specialise in providing a personalised management program for your abdominal muscles during pregnancy and after your baby is born.

What Will My Physiotherapy Program Involve?

- A thorough assessment to establish your goals and treatment plan
- Design of a personalised abdominal muscle exercise program
- Progression of your program and application to daily activities
- The use of real time ultrasound to improve your technique
- Advice about activity modification and return to general exercise

How Often Will I Need To Attend?

The number of treatments varies for each individual depending on the severity of your symptoms and rate of progress. It is likely you will be reviewed intermittently to aid rehabilitation of the abdominal muscles and ensure optimal recovery.

What Can WMHP Do For Me?

Stomach muscle weakness and separation in pregnancy and after birth are common but rehabilitation is possible. At Women's & Men's Health Physiotherapy we'll work with you to regain stomach muscle tone so you prevent back pain and feel strong, comfortable and confident.

Why Choose Women's & Men's Health Physiotherapy?

 We're a group of female Physiotherapists who specialise in the physical conditions of pregnancy and after birth

 We'll design a personalised management program for you during your pregnancy and after your baby is born

 We're passionate about empowering women to be at their physical best in pregnancy and during the postnatal period



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