



# Diastasis Recti: The Whole Body Solution to Abdominal Weakness and Separation

By Katy Bowman



## Diastasis Recti: The Whole Body Solution to Abdominal Weakness and Separation By Katy Bowman

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.

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## **Diastasis Recti: The Whole Body Solution to Abdominal Weakness and Separation** By Katy Bowman **Bibliography**

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### Editorial Review

Review

Reviewed by Elizabeth Millard

May 27, 2016

With *Diastasis Recti*, biomechanist Katy Bowman offers a logical, long-term, and whole-body strategy that not only addresses diastasis recti, but also general core weakness, pelvic floor disorders like prolapse, and hypermobility.

Defined as an abnormal separation of the abdominal musculature, diastasis recti is sometimes seen as an unfortunate, but very common, side effect of pregnancy. More rarely, men can also develop the problem, often from weightlifting incorrectly or yo-yo dieting over a number of years.

In attempting to correct the issue, many people turn to traditional ab exercises like crunches, or get surgery like a "tummy tuck," but Bowman's new book presents a better, more effective, approach. With a tone that's both authoritative and personable, Bowman explains the issue with admirable clarity, particularly notable since there is no current consensus among researchers regarding what constitutes a diastasis recti.

In addition to highlighting anatomy, the author details how the forces of movement come into play, bringing a fuller understanding of how the body operates--and more importantly, how people can influence these forces in very specific ways. Rather than focusing only on abdominal exercises, she offers thoughts on numerous strategies that all add up to a stronger core. These range from nutrition to posture to small movements to more intense exercises. Her focus on a whole-body approach is refreshing, because it aims to provide higher function throughout the entire body, not just the abs.

Using the same friendly approach that makes her anatomy and movement lessons so easy to follow, Bowman provides tactics that are understandable and clearly described. The use of photography is also helpful, with the author demonstrating each move in addition to providing step-by-step instructions.

Although Bowman's main purpose is education, what she really brings is empowerment. Encouraging people to know their own bodies, and then pursue solutions that make them healthier and happier, is a powerful approach to wellness.

By making the material understandable, approachable, and achievable, Bowman offers an outstanding and necessary guide to diastasis recti and many other abdomen-related issues. Everyone can benefit from these insights and improve their health in an empowered and proactive way. --Foreword Reviews

### About the Author

With radical, science-based health directives, Katy is taking the health-and-wellness world by storm with her bold exercise is not movement platform. A biomechanist by training and a problem-solver at heart, she has helped thousands reduce chronic pain, increase bone density, and improve metabolic health through movement and proper alignment.

In addition to hosting her podcast KatySays (one of Greatist's Best Health and Fitness Podcasts of All Time ) and writing for her award-winning blog KatySays.com, she is a regular source for national health publications like Prevention and Men s Health, and is a sought after guest on radio, television pod-casted talk shows and news segments. Creator of the Aligned and WellTM DVD series, Katy's groundbreaking work in pelvic floor restoration has made her particularly popular with midwives, OBGYNs, and others concerned with pelvic mobility, strength, and health.

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