



Diastasis Recti: What to Notice This Week

Learn what the gap is, spot doming during daily moves, and start one breath that protects the midline.

Signs of a gap in everyday life

- A ridge or bulge runs down the middle of your belly when you sit up from lying flat or lift the baby.
- Your belly still looks rounded months out, soft in the middle, even when the rest of you feels lighter.
- A dip or soft valley above or below the navel that you can feel with fingertips while lying on your back.
- Low back ache or a feeling of no support in the middle after standing for 10 to 15 minutes.
- Doming shows up when you cough, sneeze, laugh hard, or strain on the toilet.

The breath that protects the midline

- 1 Lie down, knees bent, one hand on your ribs, one below the navel. Inhale through the nose for 4 counts.
- 2 Let the belly and lower ribs widen under your hands as you inhale. Do not push the belly out hard.
- 3 Exhale through pursed lips for 6 counts. Feel the lower belly draw gently in and the pelvic floor lift.
- 4 Repeat for 10 breaths, 2 or 3 times a day. Start in week 1 unless your provider says to wait.
- 5 Use the same long exhale before you lift the baby, the car seat, or sit up in bed for the next 6 weeks.
- 6 Skip crunches, sit-ups, and planks for at least the first 12 weeks. A gap needs load slowly, not all at once.

Daily habits that spare the gap

- ☐ Roll onto your side and push up with your arms to get out of bed, every time, for the first 6 weeks.
- ☐ Exhale as you lift the baby, the stroller, or the laundry basket. Never hold your breath to lift.
- ☐ Keep lifts to the baby plus the car seat until your 6-week check, then add weight a little at a time.
- ☐ Rest your feet on a small stool on the toilet and breathe out while you go, no bearing down.
- ☐ Check for doming once a week, not every day. The gap changes over months, not days.

7-Day Midline Log

Date	Breath sets done	Doming noticed?	Belly felt (1 to 5)

When to get help: See your OB-GYN, midwife, or a pelvic floor PT if the bulge is painful or hard, or if you leak urine or feel heaviness in the pelvis.