

Exercise in Diastasis Recti During Pregnancy-A Scoping Review

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Abstract

Introduction: diastasis recti is an increased distance between the rectus abdominis muscle. all pregnant women experience diastasis recti, a separation in the abdomen that occurs when the tissue between the rectus abdominis muscles stretches at the central vertical line. pregnancy puts a lot of pressure on your abdomen. they are pushed outward and stretched to make room for the growing baby. diastasis recti usually develops in the third trimester. there is increased pressure on the abdominal wall because the baby is growing quickly during this time. the prevalence of dra was 33.1% at gestation week 21, 60.0% 6 weeks postpartum, 45.5% 6 months postpartum, and 32.6% 12 months postpartum. the location with the highest prevalence of dra was at the umbilicus for all the time points.

Methods: systematic reviews and randomized control trial studies were searched and analyzed. articles for past 10 years were included from electronic databases like pubmed, google scholar and pedro that included mesh words like abdominal muscle, exercise, pregnancy, recti abdominis, trimester.

Results: on the research of various exercise training protocols, the pros and cons of pelvic floor muscle training , abdominal exercises , adherence and parameters are discussed. Pregnant women can be given exercise training for core muscles for protection in both the prenatal and postnatal periods.

Conclusion: Abdominal and pelvic floor muscle training during pregnancy have a negligible effect on the ird (inter recti distance).pelvic floor and drawing-in exercise increased the ird, whilst head lift, curl up and diagonal curl up decreased the ird in pregnant women with dra at gestation week 27 and 37.