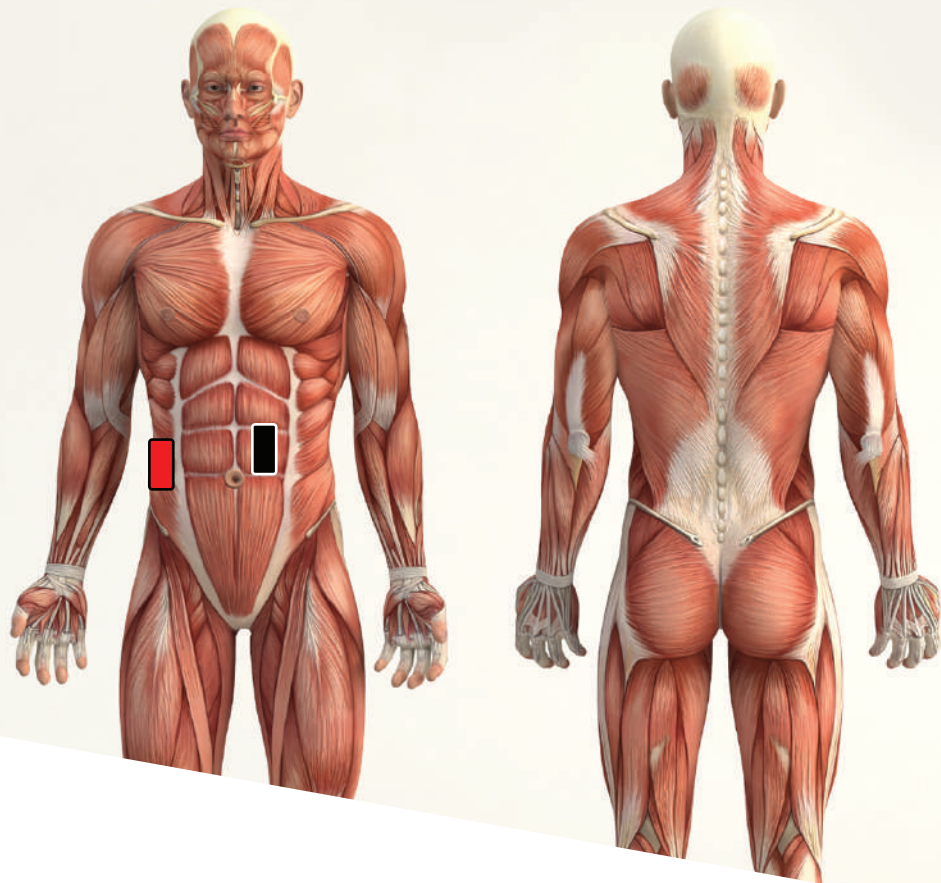


# CASE STUDY

## Diastasis Recti: A Case Report

**PERFORMED AT:**  
*Carly Jeston Fitness - Austin, TX*

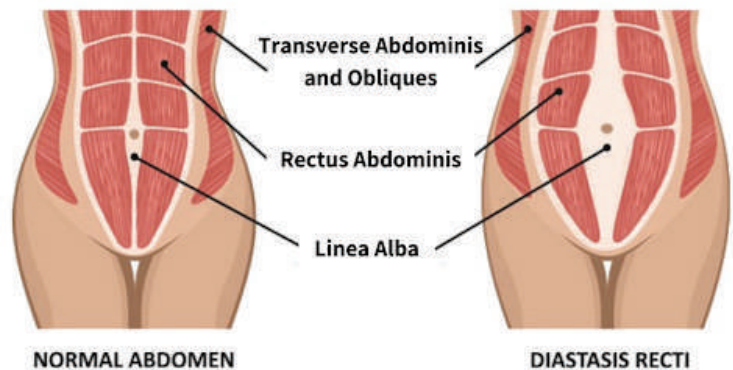
**KEY WORDS:**  
*speed healing, diastasis recti, Neubie*



## TREATMENT AND OUTCOME

Patient is a healthy woman in her late 30s who was 4 months postpartum when she came to me. She also has given birth 2 previous times in the past 4 years. She had a significant diastasis recti (separation of the abdomen) of 3 fingers width. We used the Neubie combined with specific exercises designed to strengthen and bring the ab muscles back together. We worked together in person with the Neubie 2x/week for 6 weeks, after which her separation was considered healed at a measurement of 1 finger width.

## DIASTASIS RECTI



## **INTERVENTION**

Tested for DR and did a scan with the Neubie on the abdomen and pelvic floor area. DR was found to be present at a width of 3 fingers in the center of the abdomen, hot spots present in psoas on both sides. We began with the protocol for addressing DR by strengthening the transverse abdominals and avoiding movements that worsen the separation. In our initial session, we used the Neubie at 100 hz at a subjective intensity of 3/10. In subsequent sessions (2x/week) we used the Neubie at 100 hz at increasingly subjective intensity - up to 8/10 - in combination with exercises to reduce the separation in the rectus abdominis. We also began to incorporate other pelvic floor exercises in subsequent sessions, including postural correction and strengthening. Some examples of exercises include but are not limited to: Elevator breathing with contraction of the transverse abdominals, glute bridges, heel slides, quadruped plank, and middle splits with isometric activation.

## **RESULTS**

After 6 weeks of treatments with the Neubie 2x/week, the patient's diastasis recti is now considered resolved. She also reports other benefits including less low back pain and an improvement in posture. She feels more in alignment overall and feels stronger when holding her children. Her waist size has decreased and she is almost back to her pre-pregnancy weight, as well.

## **PATIENT PERSPECTIVE**

Patient was thrilled with the fast results and began to report a decrease in the separation within two weeks of treatment, as well as an improvement in low back pain and posture.