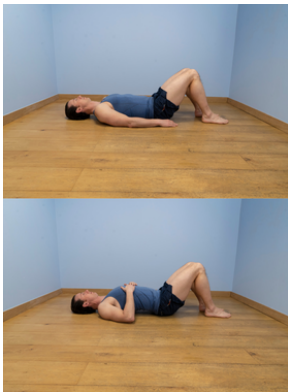


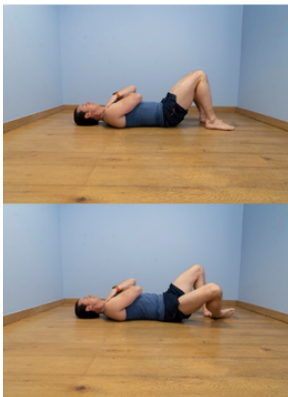
# Diastasis Recti Abdominis (DRA) Early Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 3/10 whilst completing this exercise programme.



## 1. Pelvic floor

- Lie on your back with your knees slightly bent, let your tummy relax.
- Gently draw in the lower part of your tummy do not hold your breath, try to lift the pelvic floor at the same time.
- This combined action will aid with reducing inter abdominal pressure.
- Hold for 5 seconds, then relax and repeat.
- **Perform this exercise up to 10 times.**
- **Repeat routine 3 times.**



## 2. Bent knee fall out

- Lie on your back on the floor or bed with your knees bent at 90 degrees and your feet on the floor and your arms down by your side.
- Drop one knee out slowly towards the floor (approximately half way).
- Whilst performing this movement try not to let the hips/pelvis follow the movement of the leg i.e. keep the hips/pelvis still.
- Slowly return the leg to the start position and repeat on the other leg.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



## 3. Standing pelvic floor

- This exercise can be used throughout the day.
- Standing with your feet shoulder width apart, find your balance.
- Draw in your lower abdominals, as per exercise one. Breath freely.
- Hold for 5 secs and then relax.
- Try and engaged the lower abdominals whilst performing activities.
- **Perform this exercise up to 10 times.**
- **Repeat routine 3 times.**