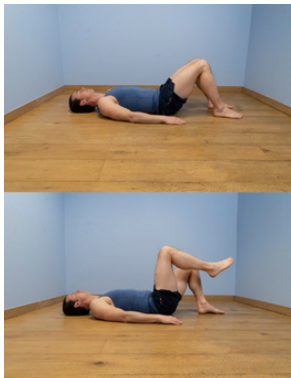


Diastasis Recti Abdominis (DRA) Intermediate Programme

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.



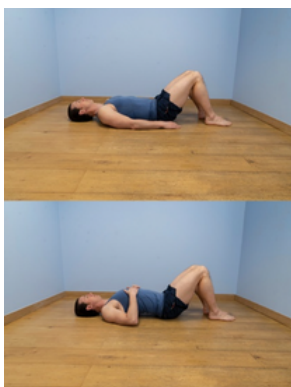
1. Leg taps in crook lying

- Lie on your back with knees bent and your feet on the floor/bed.
- Draw in your lower tummy muscles, breath freely.
- Keep the lower back on the floor/bed.
- Keep the knees bent – alternating your feet tap one toe then the other toe.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 3 times.**



2. 4 point kneeling lift and lower

- Starting in a hands and knees position with flat back.
- Allow your tummy to drop down with gravity.
- Gentle draw your tummy up and hold for 10 secs, breathe, release and repeat. If you want to increase this exercise you can hold one arm out straight in front of you then the other arm.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



3. Pelvic tilts

- 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.
- Try and engage your stomach muscles to flatten your lower back against the floor/bed.
- Next try and arch your lower back as if you were going to try and place your hand in the small of your back.
- Repeat this moving constantly between a flat back and an arch back in a slow and continuous motion.
- **Perform this exercise up to 15 times, hold for up to 1 minute.**
- **Repeat routine 2 to 3 times.**