

DIASTASIS RECTUS ABDOMINUS



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WHAT IS IT?

Diastasis Rectus Abdominus (DRA) is the stretching of the linea alba separating the rectus abdominus muscle by $>2\text{cm}$ or > 2 finger widths. Frequently seen in pregnant and post-partum women, but also in a low population of men and infants.



SPECIAL TESTS

Start in hooklying position with arms crossed over chest. Lift head and shoulders off table. Palpate midline of abdomen for medial edges of rectus bellies.

DIFFERENTIAL DIAGNOSIS

- Umbilical hernia
 - Located around umbilicus
 - Can present with or without a DRA
 - Refer to physician



TREATMENT EXAMPLES

- Exercise - fair evidence
- Educate patients on condition
- Promote movement

EXAMPLE QUESTION

Diastasis rectus abdominus is a:

1. Serious pathology
2. Needs surgical repair
3. Possibly a normal physiological occurrence during pregnancy
4. Strongly associated with low back pain



Answer: normal physiological occurrence during pregnancy

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