

DIASTASIS RECTI ASSESSMENT WORKBOOK

This workbook was designed for you to record the results of the Diastasis Recti Assessment and Functional Core Assessment.

**"DONE IS
BETTER THAN
PERFECT"**

INTRODUCTION

So you have Diastasis Recti - or at least you THINK you MIGHT have DR.

I see SO MANY women who think they have DR and want me to check them - this workbook is going to help you figure it out on your own, walking you through the assessments that I do with clients in-person (you don't NEED a trainer, physio or doctor to do this).

[You've already received links to the Diastasis Recti Assessment and Functional Core Assessment.](#)

Print this workbook out and record the results of these assessments in this workbook (for future reference so you know if it has improved).

If you decide you want access to the rest of the Complete Postpartum Programme, you can sign up here:

[JOIN THE CPP](#)

DIASASTIS RECTI ASSESSMENT

Fill out this table after doing the ["Diastasis Recti Assessment" video](#)

	Width	Depth
At Belly Button	_____	_____
At Sternum	_____	_____
At Pelvis	_____	_____

DOES THE TENSION IMPROVE WHEN YOU ENGAGE YOUR CORE?

(pelvic floor contraction, pulling the muscles apart, etc)

*Remember to take a video of this DR assessment so that you can compare in the future.
It is extremely difficult to remember what it was like!

FUNCTIONAL CORE ASSESSMENT

Fill out this table after doing the [“Functional core assessment” video](#)

Single knee raise

Does the tummy bulge?

Where does the tummy bulge?

Other observations

Second knee raise

Does the tummy bulge?

Where does the tummy bulge?

Other observations

Heel slide

Does the tummy bulge?

Where does the tummy bulge?

Other observations

Crunch

Does the tummy bulge?

Where does the tummy bulge?

Other observations

MEASUREMENTS

At the beginning of your journey, it can be really useful to collect some data.

When addressing Diastasis Recti, we want to see improvements in a number of ways:

1. The functional strength of the abdominal muscles (I would argue that this is the most important one) - this means that we are able to do more difficult exercises without our tummies bulging or holding our breath.
2. We may want to see the gap get smaller, and more tension in the linea alba.
3. We may also want to see the abdomen get smaller when standing (because the muscles are tighter)

We've already recorded our starting point in the first two.

HERE you have the option to measure your waist circumference and take pictures, if you want to.

This is all TOTALLY OPTIONAL, I know this can be confronting for some of you, so you do not have to do it - but if you have specific goals in mind like addressing diastasis recti, it can be useful to get a clear picture of your starting point. to be able to track your progress

WEIGHT:

MEASUREMENTS in cm

Waist _____

Hips _____

Upper thigh _____

Upper arm _____

- Don't hold your tummy in. Relax completely.
- Take the measurement around the widest parts.

PHOTOS

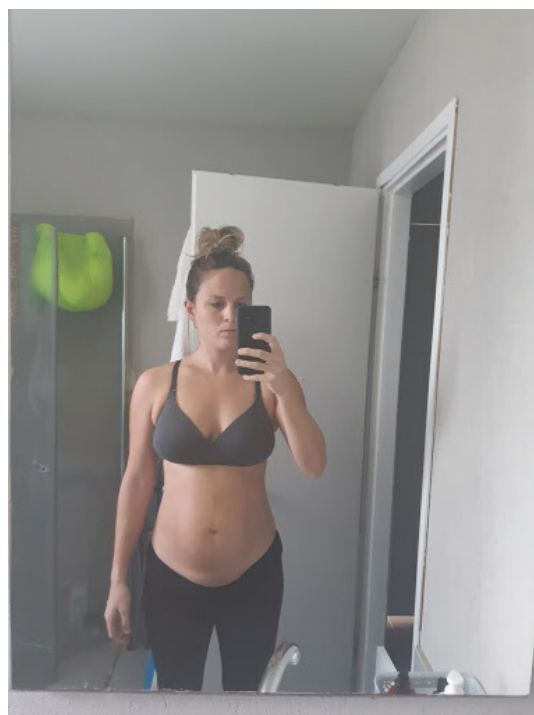
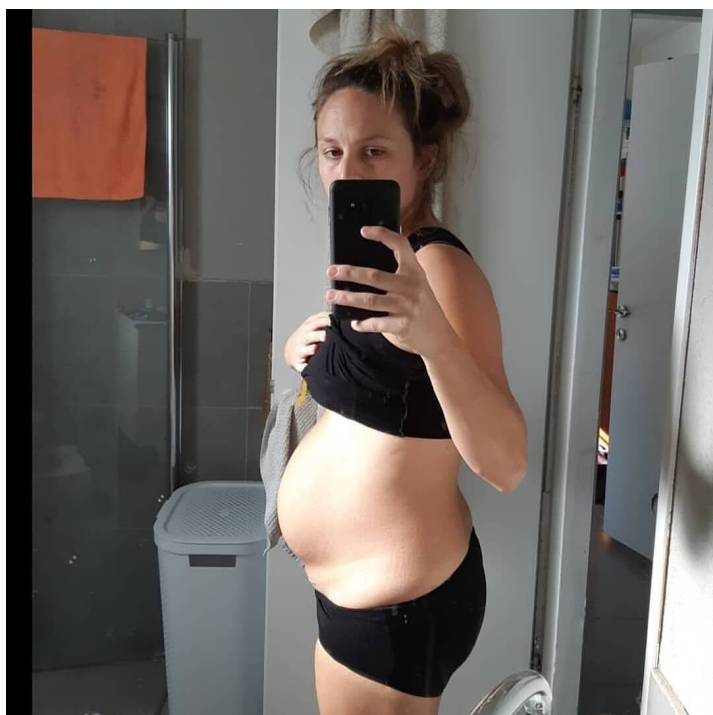
Photos are the best way of tracking your progress.

I know it may be a little scary and confronting, but you will be really glad to have these photos in a few months time.

It's hard to notice small changes in our bodies, and that can be deflating, we feel like we're not making progress.

But looking back at the photos we took in the beginning can show you just how far you've come.

- Take one photo from the front and one from the side.
- Wear as little clothing as possible.
- Don't suck your belly in.
- Save the pics in a file on your phone labeled "Progress pics"



CONGRATULATIONS!

You've completed the Diastasis Recti self-assessment!

What now??

Over the next few days you'll be getting more resources from me - what to do if you have DR, what to do if you DON'T have DR but have a belly (very common) - diastasis recti myths and much more!

This is all content from my Complete Postpartum Programme - which takes you step by step through strengthening your abdominal muscles as well as the rest of your body.

I have a special offer for you...

Many women feel totally lost after having a baby, disconnected with their body and with little idea of where to start/how to start rebuilding and healing after such a massive event and so many changes.

Hopefully, after completing this self-assessment, you now have more clarity around what's happening in your body and what you need to do to start to feel human again!

If you still feel lost, and don't know what to do, please feel free to email me at info@jen-curtis.com

If you're ready to start learning about your postpartum body, and begin working on your core, mobility and strength, you can join the Complete Postpartum Programme here:

[JOIN THE CPP](#)