

# Pilates & Diastasis Recti



Most post natal clients suffer from some abdominal separation and may lack support, function and strength of the abdominal wall. This session plan focuses on restoring the relationship between the diaphragm and the abdominal wall. It encourages the full range of motion of the diaphragm following the restriction caused by the growing baby pressing upwards during pregnancy. It helps the client to address the postural imbalances adopted during pregnancy.

Exercise	Instruction	Notes
Breath focus	Lying on back, focus on 3 D breath. Explore the abdominal connection on the inhalation and exhalation. Focus on the full expansion of the ribcage.	
Pelvic movements	Continuing the use the breath to guide the movement, tilt the pelvis anterior and posterior. Hitch the pelvis left and right. Focus on feeling activation of the abdominals and the spinal extensors.	
Shoulder bridge (mini ball)	Place a mini ball between the knees. Continue the pelvic tilt up into a bridge. Only goes as high as the spine maintains flexion. Add in knee squeezes.	

Exercise	Instruction	Notes
Knee Drops	With spine holding its natural curves, allow one knee to drop out, focusing on inner thigh connection of the other side to keep stability.	
One Leg Stretch	With spine holding its natural curves, lift one foot up, bringing knee towards chest. Lengthen leg away and return, focusing on inner thigh connection of the other side to keep stability.	
One Leg Lower	With spine holding its natural curves, lengthen leg to the ceiling. Lower and lift leg, focusing on inner thigh connection of the other side to keep stability.	
Side Leg Series	Side lying, bottom leg bent at hip and knee. Lengthen top leg, flexing foot. Press heel away to find lengthen in spine. Lift & lower Small circles	
Prone Leg Series	On four points but resting on elbows, lengthen one leg back. Lift & lower Small circles	

<b>Exercise</b>	<b>Instruction</b>	<b>Notes</b>
Swan Dive (towel)	With towel under pelvis to counter tight low back due to pregnancy posture, extend through the spine	
Leg Pull Front	On all fours, legs together, toes curled under, hover knees.	
Rest position		