

Diastasis Recti: Pumpkin Belly Mom Pooch

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Have you been living with a persistent postpartum “mom pooch,” belly bulge that feels like permanent pumpkin tummy. Or do you simply feel that your core isn’t as strong as it once was? You may be experiencing diastasis recti. The condition is more common than you think, and you don’t have to live with it. Diastasis recti is a condition in which the abdominal muscles separate along the midline, often occurring during or after pregnancy. Research following 300 first-time mothers found that 60% had diastasis recti six weeks after giving birth, 45.4% still had it at six months, and 32.6% continued to have it one year later. Long-term, around 22% to 36% of women may have persistent diastasis recti even 3 to 30 years after childbirth. While some women improve naturally, many continue to notice changes in their abdominal appearance, strength, stability, and movement long after pregnancy.

At Moon Valley Chiropractic, we work with women who are frustrated by lingering postpartum changes who are seeking better solutions. Rather than simply recommending more crunches, sit-ups, or strenuous workouts, our approach looks at how the spine, pelvis, posture, breathing, movement patterns, and core function work together. Our experience helping women address these concerns has shown us that every body is different and that an individualized treatment plan can make a meaningful difference. Research also indicates that structured abdominal exercise and conservative rehabilitation can help improve diastasis recti, although results vary from woman to woman.

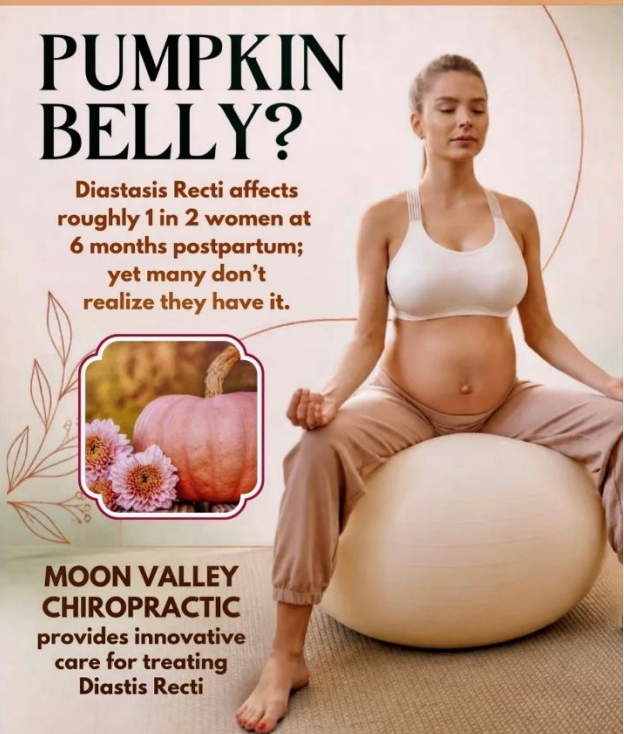
You don’t have to simply accept that your body will never feel the same again. If you’ve tried exercises on your own without getting the results you hoped for, it may be time to have your condition evaluated. Moon Valley Chiropractic can help you better understand what may be contributing to your abdominal changes and discuss evidence-based treatment options that may be appropriate for you. Take the first step toward a stronger core and more confident you. Schedule an evaluation at Moon Valley Chiropractic today by calling our office at 602-298-0292

Schedule An Appointment
Call 602-298-0292

MOON VALLEY CHIROPRACTIC

PUMPKIN BELLY?

Diastasis Recti affects roughly 1 in 2 women at 6 months postpartum; yet many don't realize they have it.



MOON VALLEY CHIROPRACTIC
provides innovative care for treating Diastis Recti