



FITMOM CORE RESTORATIVE TIP SHEET

Every woman should be assessed for abdominal separation during pregnancy and postpartum.

Abdominal separation is a condition that can be hindered or helped based on using proper functional movement and avoiding contraindicated movement.

Woman with high risk separations (consult FITMOM or other provider for assessment) will need physiotherapy and in rare cases surgery.

Women with low risk separations can most often see full recovery by following certain protocols.

DO

1. Splinting : A historic practise in some cultures splinting helps to remove biomechanical pressure from the midline while the woman is at rest or performing tasks.
2. Side Plank
3. Proper Pelvic Tilts (Pelvic Tilts, Crossover, Adjusted Cat Cow, TA Smiles
4. Splinted belly breathing

DO NOT

1. Avoid twisting work
2. Avoid crunches
3. Avoid neutral plank
4. Avoid outward facing baby carries
5. Heavy lifting that will cause the vasalva maneuver

Please stay tuned for our upcoming CORE RESTORATIVE workshop dates at your location or schedule a virtual session (contact : info@fitmomfitness.com) This is where you will receive detailed education about prevention, improvement and hands on support to perfect technique. Prevent long term health complications by addressing compromised core now.

By: Andrea Page, FITMOM FOUNDER