

# Diastasis Recti Self-Test



Lie on your back with your knees bent and feet flat on the floor.



Lift your shoulders slightly off the ground, keeping one hand behind your head for support. Look down at your belly.

Place the other hand above your belly button, palms down, and fingers towards your toes.



Feel for a gap between the abs using your fingers.

Note how many fingers can fit the gap between your right and left abdominals.



If the gap is two or more finger widths, consult your healthcare provider for confirmation and recommended care.

## Reference:

1. Diastasis Recti (Abdominal Separation): Symptoms & Treatment; Cleveland Clinic