

# The Ultimate Guide to Regaining Your Pre-Pregnancy Body: Simple Method to Recover From Postpartum Pooch

The postpartum period can be a challenging time for new moms, both physically and emotionally. One of the most common concerns is the appearance of a "pooch" or bulge in the lower abdomen. This is often caused by diastasis recti, a condition that occurs when the two muscles that run along the midline of the abdomen separate during pregnancy. While diastasis recti can be unsightly, it's important to note that it's a normal part of pregnancy and childbirth and does not pose any health risks.



## Flatten My Postpartum Belly: A Simple Method to Recover from Postpartum Pooch by Carrie Harper

★★★★☆ 4 out of 5

Language : English  
File size : 4068 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 94 pages  
Lending : Enabled



The good news is that there are a number of things you can do to recover from postpartum pooch and regain your pre-pregnancy belly. In this article, we'll discuss the causes of diastasis recti, the symptoms to look for, and a

simple method you can follow to heal your core and get your tummy back in shape.

## **What Causes Diastasis Recti?**

Diastasis recti occurs when the two muscles that run along the midline of the abdomen (the rectus abdominis muscles) separate during pregnancy. This can happen due to the increased pressure on the abdomen as the uterus grows. The severity of diastasis recti can vary from a few centimeters to several inches. In some cases, the muscles may even separate completely.

There are a number of factors that can contribute to the development of diastasis recti, including:

- Multiple pregnancies
- Large babies
- Carrying twins or multiples

li>Obesity

- Age

## **Symptoms of Diastasis Recti**

The most common symptom of diastasis recti is a pooch or bulge in the lower abdomen. This bulge may be more pronounced when you sit up or lean forward. Other symptoms of diastasis recti can include:

- Pain or discomfort in the lower abdomen

- Lower back pain
- Pelvic organ prolapse (e.g., bladder or uterus prolapse)
- Incontinence
- Difficulty performing certain exercises, such as sit-ups or crunches

## **Simple Method to Recover from Postpartum Pooch**

If you're struggling with postpartum pooch, there's no need to despair. There are a number of things you can do to heal your core and get your tummy back in shape. Here's a simple method you can follow:

### **1. Pelvic Floor Exercises**

Pelvic floor exercises are a great way to strengthen the muscles that support the uterus, bladder, and rectum. These exercises can help to reduce urinary incontinence, improve bowel function, and prevent pelvic organ prolapse. To do a pelvic floor exercise, simply contract the muscles that you would use to stop yourself from passing gas. Hold the contraction for 5 seconds, then release. Repeat this exercise 10-15 times several times throughout the day.

### **2. Core Strengthening Exercises**

Core strengthening exercises help to strengthen the muscles of the abdomen and back. These exercises can help to improve posture, reduce back pain, and prevent diastasis recti. Some good core strengthening exercises include:

- Planks
- Side planks

- Bird dog
- Bridges

### **3. Diastasis Recti Exercises**

Diastasis recti exercises are specifically designed to help heal the separation of the rectus abdominis muscles. These exercises should be done gently and gradually to avoid further damage to the muscles. Some good diastasis recti exercises include:

- Bird dog with reach
- Dead bug
- Pelvic tilts
- Abdominal vacuums

### **4. Lifestyle Modifications**

In addition to exercise, there are a few lifestyle modifications you can make to help recover from postpartum pooch. These include:

- Maintaining a healthy weight
- Eating a healthy diet
- Getting enough sleep
- Managing stress
- Avoiding heavy lifting

### **How Long Will It Take to See Results?**

The amount of time it takes to see results from postpartum pooch recovery will vary from person to person. However, with consistent effort, you should start to see improvement within a few weeks. It's important to be patient and avoid overing it, as this could worsen the condition.

Postpartum pooch is a common concern, but it's not something you have to live with. By following the simple method outlined in this article, you can heal your core, get your tummy back in shape, and regain your confidence.



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