

## DRAM Information sheet

Your Physiotherapist has diagnosed you with having a **DRAM**. DRAM stands for Diastasis Rectus Abdominis Muscle – In simple terms, you have had stretching of your main abdominal muscles, which has caused them to separate.

This abdominal separation can worsen with excessive weight gain, increased abdomen size during pregnancy, hormonal changes, lower abdominal and pelvic floor muscle weakness and increased physical demands post nately. Some tips which may assist in the management of your DRAM include:

### *1/ Behaviour Modification*

- Make sure that when you get out of bed or up from the floor that you roll to one side. Do not sit straight up from lying.
- Your physiotherapist will educate you regarding correct lifting technique and posture. This can help to decrease the load and demand on the Rectus Abdominis Muscle.

### *2/ Pain Management*

- Some women who have a DRAM may also experience low back pain. It is of vital importance that you be assessed by a physiotherapist to determine a specific management plan to address any symptoms and try to correct the separation.

### *3/ Exercises:*

- Lower abdominal stability exercises – Your physiotherapist will advise you on the most suitable exercises for your symptoms.
- **No sit ups!** In some cases, this can worsen the separation.

### *4/ Theratubing/Stability belt*

- Your physiotherapist may provide you with some theratubing or recommend the use of a stability belt. These will most commonly be worn during waking hours and removed during sleep time.

### *5/ Pilates*

- As your symptoms improve, your physiotherapist may recommend a course of Pilates. This will assist in pelvic and spinal stability to help reduce symptoms and prevent further separation. Your recovery and restrengthening is important if you are planning further pregnancies.