

NEW MOMS...

DO YOU HAVE A NOTICEABLE ABDOMINAL MUSCLE SEPARATION ?

(also known as **DIASTASIS RECTI**)

Diastasis Recti (abdominal separation) can be a bothersome condition after pregnancy. It may also contribute to lower back problems or urinary incontinence.

PROGRESS PHYSICAL THERAPY, LLC, in Glen Allen is conducting a research study with postnatal women to evaluate the reduction of abdominal separation

Study highlights:

- *Assessment and eight weeks of one-on-one exercise instruction by a licensed physical therapist without charge
- *Participants should be healthy women between 6 and 14 weeks postpartum with a significant abdominal separation
- *Qualified candidates will receive information on their condition and end with a comprehensive exercise program that will help tone the abdomen and improve posture

If you are interested in participating in this research study...

Please contact your OB/GYN physician for a referral

FOR MORE INFORMATION...

Please contact Nijah Chinn-Gonsalves, PT at 804-691-9861 or Progress Physical Therapy, LLC at 804-270-7754.



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