

# Looking After Your Abdominals During Pregnancy



- Abdominals stretch to allow for our growing baby
- Appropriate exercises during pregnancy
- The Linea alba
- Linea negra
- Rectus abdominis abdominal muscles cannot split
- Diastasis recti
- Check for diastasis postnatally
- Core work
- Curl ups / crunches / curls with rotation and direct work on the rectus muscles
- Protecting the abdominals
- Nutrition and hydration
- Releasing, gently stretching and relaxing abdominals

