

## What is diastasis recti?

Diastasis is separation of the rectus abdominis muscles, or your “six pack” muscles. This commonly happens during pregnancy, but can also happen for other reasons including weight gain.

## What are the symptoms?

Most commonly these are painless, but there can be some discomfort especially with activity. Diastasis may lead to back pain as your abdominal core is no longer functioning appropriately to maintain your posture.

## Is this the same as a hernia?

No. A hernia is a hole, rip or tear in the abdominal wall. A hernia can commonly be seen in association with a diastasis, but they are not the same thing. A diastasis is purely a weakness, or separation of the muscles causing a bulge.

## Can I fix this with exercise?

There are several exercises that can help with diastasis recti, but it may be impossible to completely restore the abdominal wall with exercise alone. Diastasis exercises focus on strengthening the transverse abdominis and pelvic floor muscles. There are a variety of resources online that can be referenced.

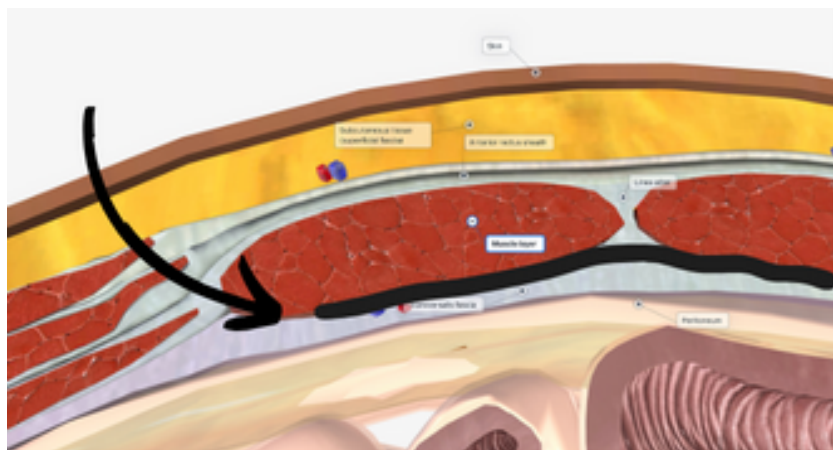
## Can I fix this with surgery?

Traditionally, surgery to repair diastasis fell within the realm of plastic surgery and involved an abdominoplasty, which includes removal of excessive skin on the abdominal wall as well as sewing the rectus abdominis back together. More recently, advancements in robotic surgery have enabled hernia surgeons to repair a diastasis in conjunction with umbilical or ventral hernias.

## Tell me more about robotic repair...

The surgery is referred to as an eTEP, or extended totally extraperitoneal repair. The entirety of the surgery is within the confines of the rectus abdominis muscle and its underlying fascia, or connective tissue that surrounds the muscle itself. The surgery has many benefits including repair of the hernia, restoration of the abdominal wall musculature (repair of diastasis) and wide mesh

overlap to further strengthen the abdominal wall, without any mesh exposed to the underlying bowel.



## Am I a candidate for this surgery?

**M**ake an appointment with one of our eTEP surgeons to find out more.