

DYNAMIC US

Diastasis Rectus Abdominis

Physiotherapy evaluation and management

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Day 1

- 9.00am: Introductions and background
What is diastasis and how is it diagnosed?
- 9.30am: What does the scientific evidence base tell us about diastasis? Risk factors and associated dysfunctions
- 11.00am: Overview of current practices and approaches to diastasis
- 12.30pm: Lunch
- 1.30pm: The role of tension in diastasis
- 14.00pm: Clinical evaluation of diastasis including practical breakout
- 3.00pm: Ultrasound evaluation of diastasis including practical breakout
- 5:00pm: Questions/discussion

Day 2:

- 09.00am: Brief recap on day 1
What does the scientific evidence base tell us about the conservative management of diastasis?
- 10.30am: Debunking the fear and mixed messages about diastasis
- 11.30am: Ultrasound imaging as a biofeedback tool and objective marker
- 12.30pm: Lunch
- 1.30pm: Using a clinical reasoning framework to evaluate and manage diastasis: PPP-RR-LD
- 3.30pm: Clinical case studies
- 5:00pm: Questions, discussion and close