

How to check for abdominal muscle separation

You can check for separation anytime during your pregnancy by following these instructions:

- Lie on your back and bend your knees, feet flat on the floor.
- Slowly put your chin to your chest. Raise your head and shoulders until your neck is 6 to 8 inches from the floor. Hold one arm out in front of you.
- With the other hand, check for a gap (usually present in the first few months of pregnancy or postpartum) or a bulge (present in last 3 months of pregnancy) in the middle of your abdomen. There may be a soft region between the muscles, wider than two fingers' width.