

## Back Brace & Diastasis Rectis

Posted by billbro57 - 13 Dec 2013 20:26

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I am having a TLIF on S1-L4 and I also have diastasis rectis. Will this surgery affect this condition or will the back brace affect it?

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## Re: Back Brace & Diastasis Rectis

Posted by Dr. Corenman - 14 Dec 2013 16:20

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Diastasis recti is condition where the belly muscles spread due to the fascial sheath underneath stretching. The fascia is the "burlap sack" material that helps hold the contents of the abdomen in. This stretch generally will not improve after fusion surgery but when you are ready, training of the rectus and oblique muscles (the belly wall muscles) after surgery can strengthen these and reduce the spreading.

Back braces generally reduce the tone of these belly muscles if used for a long period but in the early post-operative period, these braces can be quite helpful.

Dr. Corenman

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