Efficacy of Tupler Technique on Reducing Post Natal Diastasis Recti: A Controlled Study

Mohamed A. Awad¹, Magda A. Morsy¹, Marwa A. Mohamed¹* and Amir A. Gabr²

¹Department of Physical Therapy for Obstetrics and Gynaecology, Faculty of Physical Therapy, Cairo University, Egypt.
²Department of Obstetrics and Gynecology, Faculty of Medicine, Cairo University, Egypt.

Authors’ contributions

This work was carried out in collaboration between all authors. Author MAA designed the study, performed the statistical analysis. Author MAM wrote the protocol. Author MAM managed the analyses of the study and wrote the first draft of the manuscript. Author AAG managed the literature searches. All authors read and approved the final manuscript.

ABSTRACT

Aims: This study was conducted to determine the effect of tupler technique on post natal diastasis recti.

Study Design: Pretest post-test design.

Place and Duration of Study: Subjects of this study were selected from physical therapy department in Kasr Al Aini university hospital. This study was conducted from August 2014 to January 2015.

Methodology: Sixty women complained from diastasis recti (diagnosed by gynecologist/physician) in this study. Their ages were ranged from 25 to 35 years old and their diastasis recti more than 2.5 cm after normal vaginal delivery. Women were divided into two groups equal in number, group (A) consisted of 30 women wore tupler splint only and did not perform any exercises. While, group (B)
consisted of 30 women wore tupler splint and performed tupler technique for 18 weeks. Diastasis recti were evaluated by digital caliper for both groups before and after 18 weeks.

**Results:** The obtained results were statistically analyzed by using paired $t$-test and showed that there were a highly significant decrease ($P < 0.001$) in BMI, waist/hip ratio and diastasis recti in both groups (A&B) after 18 weeks. But, there was a significant difference between both groups after 18 weeks (more decrease in group B).

**Conclusion:** It could be concluded that tupler technique is very effective in reducing post natal diastasis recti.

*Keywords: Diastasis recti; digital caliper; tupler technique; post natal.*