

How to Find a Core Rehab Specialist: 10 Questions to Ask

1. Do you specialize in diastasis recti rehabilitation?

How often do you work with this diagnosis? What percentages of your clients have this diagnosis?

It is important to understand what training they have had and if this is something they commonly address, or simply something they say they can address. Most PT's have very basic, but outdated treatment information from PT school. That does not necessarily mean they have the focused training to effectively treat this condition.

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2. Do you work with prenatal and postpartum clients regularly?

This is important because there are very unique considerations to take into account with expecting women and new moms so you want a clinician comfortable with these clients.

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3. What are the most common diagnosis/issues you see in your clinic? This helps you see if they focus on clients with similar goals or issues as you.

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4. Do you have experience with (insert your specific concerns)?

Ex: diastasis recti, pelvic instability, pelvic floor issues, low back pain, weak core, stress incontinence, intestinal issues, etc.

Due to the extensiveness of PT training, many physical therapists have a general knowledge of a lot of conditions, but you will have the most success with someone who has experience and specialized training for the condition you need to address. Bottom line – find a specialist.

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5. Is your facility set up for private assessments?

It is often emotional to work with a diastasis and the assessments can be vulnerable so privacy would be nice.

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6. Do you use abdominal splinting in your approach?

Abdominal splinting can be controversial but we believe it can also be an important component to healing a diastasis. It is good to know their position on splinting prior to making your appointment.

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7. Do you recommend exercises such as crunches, sit ups, planks or hands and knees exercises or similar in your treatment plan?

These exercises are contraindicated for healing a diastasis. If a clinician is using this approach for rehabilitation of the core, it is likely not the best resource for you.

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8. Do you have success in treating clients with diastasis recti?

This is very important. We have heard from so many clients and professionals that even though they worked with a specialist, they were not hopeful they could heal. It is good to know if they have a successful approach. What you are trying to determine is: are they going to focus on symptom management or other issues and avoid the diastasis because they do not feel optimistic that they can heal it?

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9. What would I be doing in a treatment session?

Our approach is filled with education and functional integration. We provide hands on treatment but the goal should be for you to be able to be independent with your core work as much as possible so you can translate it into your real life.

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10. How often would I be expected to see you and for how long?

This varies by treatment approach but is important for you to know for your scheduling, co-pays etc. For example, our clinic typically sees clients 3-5 times over 6-10 weeks for 1 hour each time and has tremendous success and lasting results. You can use that model to compare as you do your research.

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