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Patient Information POSTPARTUM EXERCISEAbdominal Muscle Separation (Rectus Diastasis) Before Doing More Advanced Abdominal Exercises, It Is Important To Check For Separation Of The Rectus Abdominal Muscles. This Muscle Is Really Two Halves That Can Often Separate Due To The Size Of The Baby And The Birthing Process. How To Check 3th, 2024

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