

Belly After Baby Pre-test

We will be asking you the same basic questions to fill out **BEFORE** then again **AFTER** your session with the physical therapist. The purpose of this questionnaire is to determine if we were able to share helpful information with you. Please answer these questions to the best of your ability without looking up any answers or asking anyone for help. This questionnaire will not be kept as a part of your medical record. The intent is to simply guide our educational process efforts. Central Bucks Physical Therapy, LLC thanks you for your time.

1. **What is a DIASTASIS RECTI ABDOMINIS (DRA)?**
 - a. Swelling in the belly that remains after you are pregnant.
 - b. The widening or separation of the abdominal muscles.
 - c. A syndrome affecting the rectal and abdominal muscles.
 - d. A technique to strengthen your stomach muscles.

2. **What is NOT a common problem that can affect women during the post partum period?**
 - a. Urinary incontinence
 - b. Swelling of the legs
 - c. Pain with intercourse
 - d. Poor abdominal strength
 - e. Pain in low back
 - f. Pain in abdominal region

3. ***True or False.* You can safely resume your pre-pregnancy abdominal work out after you deliver your baby, without checking if you have a Diastasis Recti Abdominis (DRA).**
 - a. TRUE
 - b. FALSE

4. **The BEST way to START getting your “abs” back in shape after you deliver is to perform:**
 - a. Pilates Exercises
 - b. Plank Exercises
 - c. Sit Up Exercises
 - d. Self-correction Exercises

5. ***True or False.* There is no need to tell your doctor if you are having any issues or problems until 6-9 months after you deliver your baby because the problems will resolve on their own.**
 - a. TRUE
 - b. FALSE

6. Circle the **TRUE** statement about urinary incontinence
- It is normal and unavoidable after having 2 or more children
 - It can be treated easily by just doing kegel exercises
 - Diastasis Recti Abdominis (DRA) may be related to urinary incontinence
 - There is no real treatment for urinary incontinence after childbirth
7. Circle the **FALSE** statement about **Diastasis Recti Abdominis (DRA)**:
- Pain may be improved with support and proper positioning.
 - A DRA may cause pain and decreased stability during every day activities.
 - Initially, gentle compression with the hands may be helpful to provide extra support during activities like climbing stairs or sitting / standing up.
 - Gently tensing the muscles deep in the abdomen (thinking you are slowly blowing out a candle) may be a helpful exercise.
 - All of the above are true.
8. Where did you learn how to resume physical activity after you had your baby (babies)?
- Physician
 - Television or Internet
 - Baby Groups
 - Attended Educational program
 - Personal Trainer
 - Physical Therapist
 - Chiropractor
 - None of the above