

DIASTASIS RECTI does not mean you're broken. It is a signal that your core needs the right approach to recovery.

If you've been told to "just do planks" or "give it time" after pregnancy, and nothing is working, **you're not alone**. Most women with diastasis recti are given generic advice that misses what's actually happening in their body.

At PRIME Sports Medicine, we treat diastasis recti differently.

What is diastasis recti?

Diastasis recti is a separation of the abdominal muscles along the midline — most common during and after pregnancy, but also seen in active women who've been training through core pressure for years without the right foundation.

It can show up as:

- A visible "pooch" or ridge down the center of your belly
- Lower back pain that won't quit
- Feeling weak or unstable in your core, even if you work out
- Leaking, pressure, or pelvic floor symptoms
- Difficulty returning to lifting, running, or high-intensity training

The gap itself isn't always the problem. The loss of tension and function underneath it is.

The PRIME approach

Dr. Colleen Ziporovich is a sports medicine chiropractor specializing in active women, prenatal and postpartum care, and female athletes in Dallas. Her approach to diastasis recti goes beyond symptom management — it's about rebuilding the foundation your whole body moves from.

That means looking at how your pelvis, spine, breath, and movement patterns are contributing to the problem — and building a plan that gets you back to the gym, the trail, the mat, or wherever you want to be.

No generic rehab. No "just rest." Real, sport-informed care designed for women who don't want to sit on the sidelines.

Who we see

- Postpartum women at any stage (Days or years after birth — it's never too late)
 - Pregnant women who want to stay strong and prevent worsening separation
 - Active women and female athletes dealing with core dysfunction
 - Women preparing for or returning to high-intensity training
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Beyond the clinic: PRIME Unbound

For women who want to go deeper — or who can't make it to Dallas in person — PRIME Unbound is Dr. Ziporovich's online platform bringing the same sports medicine approach to your home, your schedule, your goals.

PRIME Unbound is coming soon. Join the waitlist to be first in by emailing the address below!

hello@prime-unbound.com

Ready to get started?

If you're in Dallas and want an in-person assessment, book a new patient appointment below. Dr. Colleen will assess your core function, movement, and pelvic mechanics — and build a plan around your actual life.

primesportsmedicine.janeapp.com

PRIME Sports Medicine
Dallas, TX

Women-owned. Sports medicine trained. Built for the women who refuse to slow down.