

# LOOKING TO GET YOUR PRE-BABY STOMACH BACK?



WE ARE STUDYING THE  
EFFECTIVENESS OF SPECIFIC CORE  
MUSCLE EXERCISES ON ABDOMINAL  
MUSCLE STRENGTH AND FUNCTIONING

**Participants will complete 12 weeks of  
guided core strengthening exercises  
targeted for postpartum women as part  
of a clinical trial**

To participate, you must be:

- 18-45 years old
- 12 weeks to 3 years postpartum
- Agree to participate in a 12-24-week exercise program
- Attend 3 visits at HSS for testing

HOSPITAL  
FOR  
SPECIAL  
SURGERY

 Hospital for Special Surgery  
Institutional Review Board

JUL 29 2018 To JUN 28 2019

APPROVAL



Pre-Baby Stomach



Rectus Diastasis  
(separation of the  
abdominal muscles)

Participants will be  
compensated \$30  
for the 2<sup>nd</sup> visit and  
\$40 for the 3<sup>rd</sup> visit

HOSPITAL FOR SPECIAL  
SURGERY

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