

# Flex Therapist CEUs

## Diastasis Recti Abdominis and Plank Exercise

1. It has been determined that women with a presence of DRA are predisposed to having a higher degree of pain in the \_\_\_\_\_ region postpartum.

- A. Abdominal
  - B. Pelvic
  - C. Both (A) and (B)
  - D. None of the above
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2. Which type of contraction, when performing a supine abdominal crunch, has been shown to reduce DRA?

- A. Isometric
  - B. Concentric
  - C. Eccentric
  - D. All of the above
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3. Which of the following exercises were used to help reduce DRA?

- A. Static abdominal contraction
  - B. Posterior pelvic tilt
  - C. Reverse truck twist
  - D. All of the above
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4. Overall, it was found that pregnant women who did not participate in the exercise program exhibited a statistically larger separation of the rectus abdominis regardless of the location of measurement and the number of previous pregnancies.

- A. True
  - B. False
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5. Which exercise group showed a greater improvement in DRA closure over time?

- A. Plank-based exercise program
  - B. Abdominal crunch exercise program
  - C. Both (A) and (B) showed equal improvement
  - D. None of the above showed improvement in DRA closure
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