**SUPPLEMENTARY MATERIAL**

**Efficacy of** **standardized rehabilitation in the treatment of diastasis recti abdominis in postpartum women in Eastern China**

**SUPPLEMENTARY FIGURE LEGENDS**

**Figure S1-19. Standardized rehabilitation for non-surgical treatment of DRA.** Before this procedure, the patients were suggested to relax the whole body. The total length of the procedure took about 70 minutes, of which 40 minutes were for manual massage (**Part 1**) and 30 minutes for the treatment of electrophysiological equipment (**Part 2**).

**Part 1**

**Figure S1. Pushing Du Channel with finger**. It is necessary to stand next to the patient's head, open the thumb, relax the remaining four fingers, overlap, or alternately push the one-way straight from the neck to the spine and the sacrum. Move slowly and evenly. **2 minutes.** (**Suppl. Fig. 1**)

**Figure S2. Push erector spinae with palm.** It is necessary to stand next to the patient’s head, with one or two palms overlapping, with the large and small thenar as the focus point, perform one-way straight push along both sides of the spine from top to bottom, sinking and moving slowly, with uniform force, it can relieve the soreness of the lower back muscles and improve the strength of the waist. **1 minute.** (**Suppl. Fig. 2)**

**Figure S3. Pushing the back Dai Mai acupoint with finger.** It is necessary to open the thumb of both hands, relax the other four fingers, and alternately push the two thumbs from the fourth lumbar vertebrae to the Dai Mai acupoints on both sides in one direction to relieve back pain. **1 minute.**

**Figure S4. Warm rubbing of the Baliao acupoint**. It is necessary to put the palms of the hands together, use the side of the palm as the focus point, and quickly rub back and forth until it covers the entire Baliao acupoint area, which fully relieves the lumbosacral pain. **1 minute.**

**Figure S5. Circular rubbing of abdomen**. It is necessary to put the palms of both hands close to the abdomen; the palms of the hands are driven by the strength of the wrist to perform clockwise Tai Chi ring rubs along the umbilicus. The rubbing is evenly applied to relax the abdominal muscles and promote blood circulation. **1 minute.**

**Figure** S**6. Pushing Renmai acupoint with finger.** It is necessary to open the thumb and relax the other four fingers. The two thumbs alternately move from the upper part of the pubic symphysis to the diaphragm in the one-way straight push and sink slowly, softly, and evenly to relieve the pressure on the recti abdominis. **1 minute.**

**Figure S7. Pushing Chongmai acupoint with finger**. It is necessary to open the thumbs of both hands, relax the other four fingers, alternately push the two thumbs along the direction of the abdomen Chongmai acupoint, and regulate blood. **2 minutes.**

**Figure S8. Pushing the abdominal wall artery with finger.** It is necessary to open the thumbs of both hands, relax the other four fingers, and alternately push the two thumbs from the lower 1/3 of the inguinal ligaments on both sides to the navel direction, and then push from the navel to the diaphragm straightly. **2 minutes.**

**Figure S9. Pushing the front Dai Mai acupoint with finger.** It is necessary to open the thumb, relax the other four fingers, alternately push the two thumbs from the proximal belt pulse point to the ipsilateral groin direction, and then push it along the pubic symphysis and the opposite groin until it reaches the opposite side. **1 minutes.**

**Figure** S**10. Bilateral combing and pulling**. It is necessary to closely attach the palms of both hands to the skin of the waist, from the back of the axilla line to the umbilical direction, for alternate lifting movements from top to bottom to relieve back pain. **3 minutes.**

**Figure S11. Inhale and exhale squeeze.** It is necessary to place the hands on the left and right sides of the umbilicus to instruct the parturient to do abdominal breathing. Try to bulge the abdomen when inhaling, and contract the abdomen inward when exhaling. After the operator crosses the hands so that the palms of the hands rest on the upper and lower parts of the umbilicus, squeeze inward and downward for 5 seconds to relax the abdominal muscles. **1 minute.**

**Figure** S**12. Hip bridge training.** It is necessary to relax and lie on the back with feet as wide as the hips. Then, the knees should be bent to 90° as much as possible. Hands are placed on both sides of the waist and abdomen. When breathing, the abdomen should be contracted inward and the hips should be extended, with the shoulders, hips, and knees in a straight line. This position is held for 5 seconds, and then gradually, the body is flattened, thereby increasing, and strengthening the pelvic core muscles. **1 minute.**

**Figure S13. Acupressure relaxation.** It is necessary to separate the thumbs of both hands from the other four fingers, overlapping the thumbs of both hands and pressing down firmly along the lower edge of the bilateral costal arch-the outer edge of the transversus abdominis-the medial edge of the ilium-the upper edge of the pubic symphysis. Stay for 5 seconds each time, move from light to heavy, and then from heavy to light, continuously communicating and adjust the intensity. This method can loosen the marginal fascia of the abdominal muscles. **7 minutes.**

**Figure S14. Shake to loosen**. It is necessary to separate the thumbs of both hands from the other four fingers, lift the abdominal muscles to the greatest extent, shake back and forth with the wrist as the fulcrum, and repeat until it covers the entire abdomen. This method can loosen the deep fascia of the abdominal muscles. **3 minutes.**

**Figure S15. Crossing and vertical push**. With the umbilicus as the center, it is necessary to divide the abdomen into eight parts, overlap the palm roots of both hands, and push inward and downward from the outer edge of the abdomen to the umbilicus in order, and hold each direction for 1 minute. When applying force, the arms should be straightened, and the gravity of the upper body should be used to push. When pressing the upper and lower ends of the recti abdominis, attention is needed to carefully gather both recti abdominis with one hand first and press the other hand toward the umbilicus at the same time. This method can effectively aggregate the recti abdominis. **15 minutes.**

**Figure** **S16. Converge abdominal muscles.** It is necessary to place the palms of the hands-on both sides of the waist at the level of the umbilicus, press the hands relatively hard, and at the same time do a close movement inward and upward. Use uniform force throughout the process to further gather the recti abdominis. **1 minute.**

**Figure** **S17. Patting and relaxation.** It is necessary to put both hands in the shape of an empty cup, with the wrist as the fulcrum, alternately and quickly pat with both hands until the entire abdomen is covered. This method can relax the abdominal muscles and enhance vitality. **1 minute.**

**Figure S18. Warm shaken Shenque acupoint.** It is necessary to put your palms together and rub quickly until the palms become hot, and then immediately cover the Shenque acupoint with one hand and shake it gently. **1 minute.**

Rest and adjustment. Patients are asked to adjust the breathing and rest on the back for 5 minutes.

**Part 2**

**Figure S19. Multi-system therapy device YS-400.** Using Multi-system treatment instrument YS-400 to treat diastasis recti abdominis for **30 minutes**. During the application, the patient lies on his back without any anesthesia. A procedure suitable for the abdomen is adopted, and each course of treatment lasts precisely 30 minutes. It is necessary to place the electromagnetic abdominal band on the skin at the level of the umbilicus. The center of the magnetic coil is just above the umbilicus. The abdominal belt is fixed to minimize movement during the treatment. The stimulus intensity starts at 0% and is slowly increased by the operator within 1 minute after treatment until it reaches the patient's tolerance threshold. The stimulation intensity of the instrument should be adjusted by asking the patient's feedback about being comfortable or not. The parturients are in a state of relaxation throughout the whole process.

Rest and adjustment. Patients are asked to adjust their breathing and rest on the back for 5 minutes.