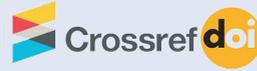


Differential Effects of Kinesio Taping versus Visceral Mobilization versus Exercise on Pain and Urinary Symptoms in Postpartum Diastasis Recti Abdominis

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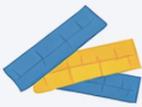
Postpartum DRA: Pain & Urinary Symptoms



72 72 Women

RCT 4-Arm RCT

6 Weeks



KT
n=18



VM
n=18



KT+VM
n=18



Exercise
n=18

4-Arm RCT | 6 weeks



Pain ↓



Best: KT+VM

6.83 → 1.28



Urinary Symptoms ↓



Best: KT

↓ Frequency $p < 0.001$

↓ Incontinence $p < 0.001$

KT+VM for Pain | KT for Urinary Symptoms

→ *Symptom-directed therapy.*

