

<b>Policy title</b>	<b>Divarication of the recti (abdominal muscles): surgical correction v1.1</b>
<b>Policy position</b>	<b>Intervention Not Normally Funded</b>
<b>Date of Forum/CCG recommendation</b>	<b>October 2020</b>

Divarication or diastasis of the rectus abdominus muscles (DRAM or DRA) is a condition where the abdominal muscles become separated in the midline of the abdomen (linea alba). This can cause the midline to "bulge" when intra-abdominal pressure is increased. The condition is relatively common and asymptomatic, although patients may be unhappy with the appearance of their abdomen. It does not normally lead to any complications that require intervention.

The Priorities Forum has considered the evidence for the functional impact and treatment of DRAM. Surgery to correct divarication of recti is **not normally funded** post pregnancy or for cosmetic reasons.

#### **Rationale**

The body of evidence for interventions for DRAM is lacking in both quantity and in quality. There is lack of consensus on classification of DRAM, methods of measurement and definition of when the condition is pathologic. The natural resolution of DRAM is not well studied. There is lack of robust evidence to attribute impact of divarication on musculoskeletal function. Evidence suggests that exercise can reduce the inter recti distance and prevalence of DRAM.

#### **NOTE:**

- This policy will be reviewed in the light of new evidence or new national guidance e.g. from NICE
- Where a patient does not meet the policy criteria or the intervention is not normally funded by the NHS, an application for clinical exceptionality can be considered via the ICB's Individual Funding Request (IFR) Policy and Process

#### **Clinical coding:**

Coding: M62.0 Diastasis of muscle with T28.8  
Other repair of anterior abdominal wall.

Key words: Divarication of the recti, diastasis, DRAM