

CLINICAL POLICY ADVISORY GROUP (CPAG)

<u>NHS Derby and Derbyshire ICB Position Statement on</u> <u>Surgery for Diastasis of Recti</u>

Statement

NHS Derby and Derbyshire ICB has deemed that surgery for diastasis or divarication of recti should not routinely be commissioned.

The ICB's commissioning intentions will be reviewed periodically. This is to ensure affordability against other services commissioned by the ICB.

Conservative management forms the cornerstone of treatment, to address the underlying condition.

This statement should be read in conjunction with the following DDICB policy where two conditions exist concurrently:

Repair of Minimally Symptomatic Inguinal Hernia Policy

Reference



- Diastasis Recti UK CIC, https://www.diastasis-recti.org.uk/ (accessed 28/11/24)
- Pålstedt J, Sandblom G, Sjödahl R, Stark B, Strigård K, Tall J, Theodorsson E. Management of Diastasis of the Rectus Abdominis Muscles: Recommendations for Swedish National Guidelines. Scand J Surg. 2020 Sep 28:1457496920961000. doi: 10.1177/1457496920961000
- Hickey F, Finch JG, Khanna A. A systematic review on the outcomes of correction of diastasis of the recti. <u>Hernia. 2011 Dec; 15(6):607-14</u>
- Mommers EHH, Ponten JEH, Al Omar AK, de Vries Reilingh TS, Bouvy ND, Nienhuijs SW. The general surgeon's perspective of rectus diastasis. A systematic review of treatment options. Surg Endosc. 2017 Dec; 31(12):4934-4949
- Swedenhammar E, Strigård K, Emanuelsson P, Gunnarsson U, Stark B. Long-term follow-up after surgical repair of abdominal rectus diastasis: a prospective randomized study. Scand J Surg. 2020 Apr 17:1457496920913677. doi: 10.1177/1457496920913677
- Benjamin DR, Frawley HC, Shields N, van de Water ATM, Taylor NF. Relationship between diastasis of the rectus abdominis muscle (DRAM) and musculoskeletal dysfunctions, pain and quality of life: a systematic review. <u>Physiotherapy. 2019</u> <u>Mar;105(1):24-34</u>
- Fuentes Aparicio L, Rejano-Campo M, Donnelly GM, Vicente-Campos V. Self-reported symptoms in women with diastasis rectus abdominis: A systematic review. J Gynecol Obstet Hum Reprod. 2020 Nov 20;50(7):101995. <u>doi: 10.1016/j.jogoh.2020.101995</u>
- Van Kerckhoven L, Nevens T, Van De Winkel N, Miserez M, Vranckx JJ, Segers K. Treatment of rectus diastasis: should the midline always be reinforced with mesh? A systematic review. J Plast Reconstr Aesthet Surg. 2021 Jan 31:S1748-