

Method:

Initially we reviewed current knowledge about pathogenic mechanisms leading to DMRA on the basis of printed and electronic literature sources. Subsequently we compared this theoretical information with available clinical data about DMRA pathogenic factors in various patients groups, its incidence, localization and extent.

Theoretical clinical picture of lumbar region pathology, obtained from the literature review, was compared with case reports of patients with DMRA. Finally we reviewed literature dedicated to DMRA diagnosis and its therapeutic options.

Conclusion:

Clinical data about pathogenic mechanisms of DMRA in various patient groups are in a good agreement with theoretical expectations. Also clinical data about related pathologies of lumbar region, associated with presence of DMRA mainly in most expected areas, means lumbar spine, diaphragma and diaphragma pelvis, are with theoretical expectations also in a good agreement.

Key words:

diastasis reci abdominis. linea alba, vertebrogenic complaints, diaphragma, postural stabilization.