Divarication of Recti


Divarication of the recti is a condition where the abdominal muscles become separated in the middle. The condition is relatively common and asymptomatic, although patients may be unhappy with the appearance of their abdomen, it does not lead to any complications that require intervention.

- **Patient presents with divarication of recti**
  - **History and examination**
    - Rule out differential diagnosis of hernia
    - Is this a congenital divarication?
    - Is there significant functional impairment (i.e., inability to carry out normal activities of daily living)
    - Post traumatic?
  - **Correction considered cosmetic**
  - **Post traumatic or congenital**
  - **Is divarication of recti disabling and causing significant function impairment?**
    - Defined as where it is affecting the patient’s ability to carry out normal activities of daily living (this would need to be demonstrated and described)
    - **YES**
      - Recommendations for referral
      - Refer to secondary care plastic surgery
    - **NO**
      - Do not refer to secondary care
      - If you feel the patient is exceptional you may submit an IFR
  - **Surgery for cosmetic reasons not funded - do not refer**

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Information for patients

Divarication of the rectus abdominis leaflet: http://patient.info/health/abdominal-reduction
Recommendations for referral

Surgery to correct Divarication of Recti will only be approved where the following apply:

Either:
The patient has a clinical need for reconstructive surgery following trauma

Or:
The patient has a congenital Divarication of Recti

And:
The Divarication of Recti is disabling and causes significant function impairment