



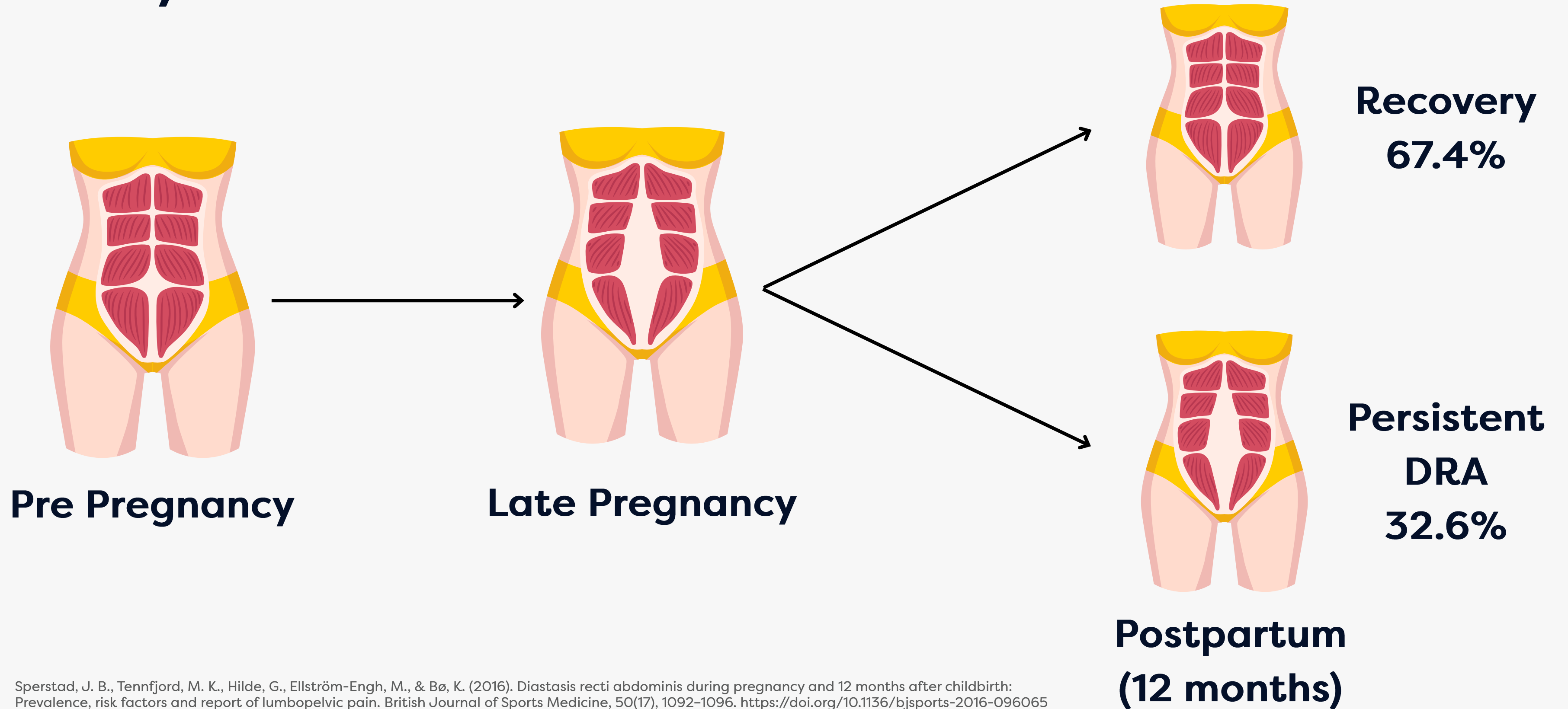
Indication-Specific Neuromuscular Electrical Stimulation (NMES) for Postpartum Diastasis Recti Abdominis (DRA)

A translational R&D project for early postpartum care

Presenter:

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Clinical background: Every third mother affected



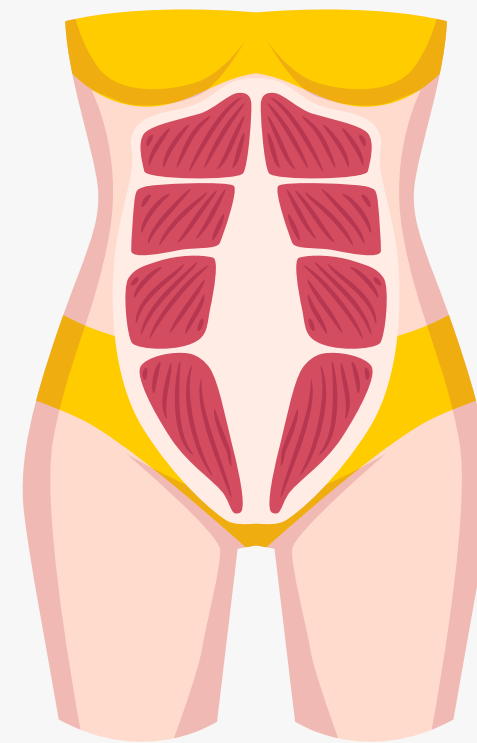
Sperstad, J. B., Tennfjord, M. K., Hilde, G., Ellström-Engh, M., & Bø, K. (2016). Diastasis recti abdominis during pregnancy and 12 months after childbirth: Prevalence, risk factors and report of lumbopelvic pain. *British Journal of Sports Medicine*, 50(17), 1092-1096. <https://doi.org/10.1136/bjsports-2016-096065>

Postpartum DRA is treated almost exclusively with exercise

Current standard care



Exercise-based care
time intensive + disliked
= low adherence



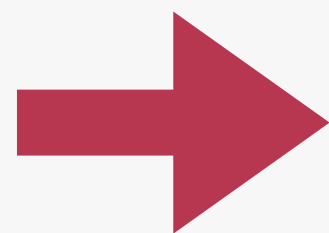
Persistent DRA



Consequences

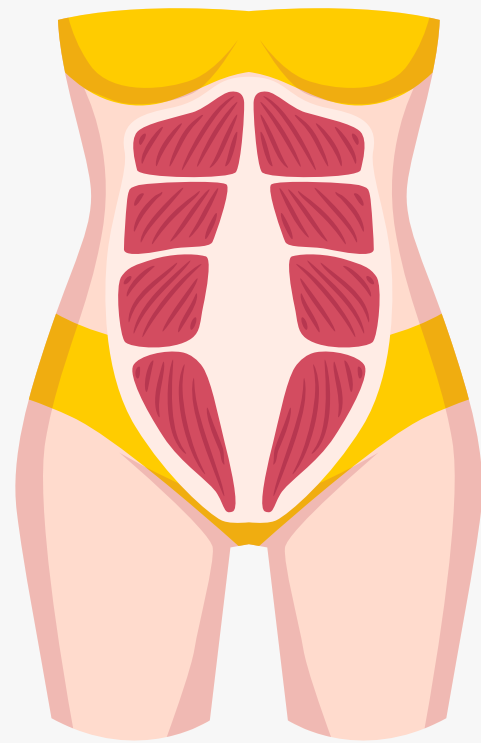


Functional impairments
Back pain, pelvic floor dysfunction, incontinence

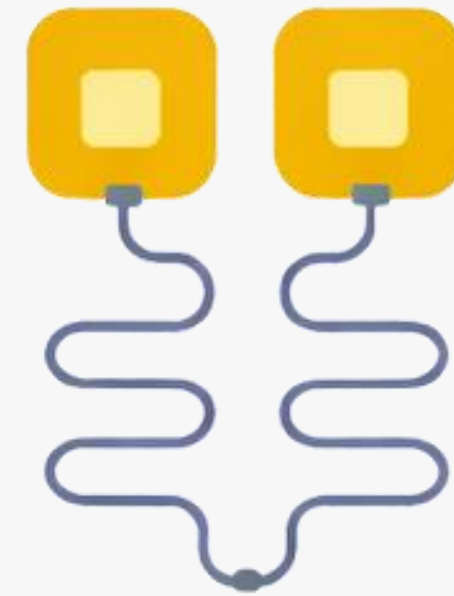


No effective & well adopted intervention during the critical postpartum recovery window

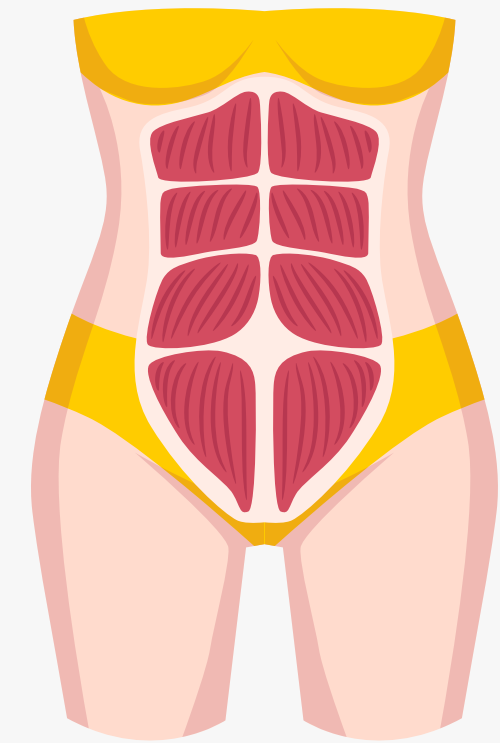
Project Idea: Indication-specific NMES for postpartum home-use



Postpartum



Indication-specific
NMES



**Functional
Recovery**

Key questions:

- *Can early, indication-specific NMES accelerate postpartum DRA recovery beyond exercise alone?*
- *Can it improve adherence?*
- *What design and stimulation characteristics are required?*
- ...

Partners we are looking for

Academic / Clinical Research Partner



Clinical study (RCT)

Clinical Access Partner (Postpartum Care)



Recruitment &
validation

MedTech / Regulatory Partner



Medical Device
Regulation (MDR),
Go-to-Market

From clinical evidence to real-world impact

Scientific Foundation

- RCT in chronic non-specific low back pain
- Biomechanics & neuromuscular control of trunk stabilization

Translation & Execution

- Development of a wearable NMES system
- Successful market launch & real-world use
- Continuous iteration based on use

Next: Postpartum DRA

- Transfer of NMES principles to a new indication
- Adaptation to postpartum biomechanics & care pathways

Join us in redefining postpartum rehabilitation with NMES

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