

**"Optimizing outcomes in diastasis recti repair:
 The impact of Dermato-Functional Physiotherapy in subcutaneous
 onlay laparoscopic approach (SCOLA)"**

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AIM:

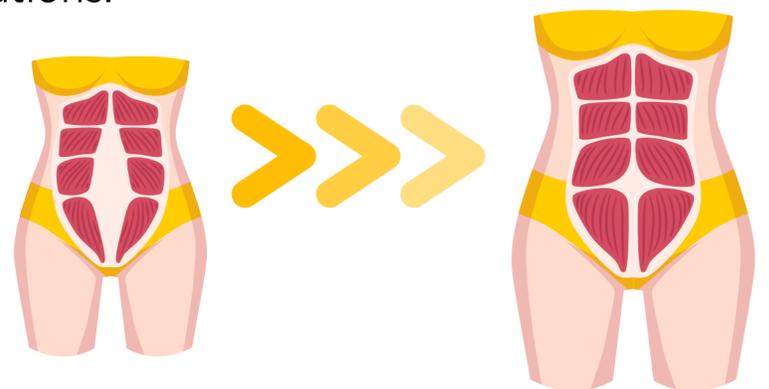
The subcutaneous onlay laparoscopic approach (SCOLA) has demonstrated excellent results in treating diastasis recti, especially when combined with dermato-functional physiotherapy (DFP). This study evaluates the outcomes of patients undergoing SCOLA for diastasis recti with adjunctive DFP during the perioperative period.



MATERIAL & METHODS:

Between January 2023 and December 2024, 15 patients underwent SCOLA for diastasis recti, 11 associated with umbilical hernia and 3 with epigastric hernia.

All patients received a comprehensive DFP protocol, including preoperative (TECARTER therapy, ultrasound therapy, focused exercises, myofascial release), intraoperative (kinesiotaping, ILIB), and postoperative care (lymphatic drainage, TECARTER therapy, pressotherapy, cupping therapy, and muscle electrostimulation). Outcomes analyzed included pain control, seroma management, hospital stay, and complications.



RESULTS:

- Postoperative Outcomes: Median hospital stay of 1 day with effective pain control in all patients.
- Complications: No intraoperative or postoperative complications; no skin necrosis.
- Seroma Formation: 100% resolved spontaneously within one month.
- Drain Management: Drains were removed within 10 days in all cases.
- DFP Impact: Enhanced lymphatic drainage, reduced swelling, improved core stability, and faster recovery were observed.

CONCLUSION:

- SCOLA, combined with a tailored DFP protocol, offers outstanding results for diastasis recti repair.
- DFP's integration into surgical care enhances recovery, reduces complications, and optimizes functional and aesthetic outcomes.
- Further studies are warranted to confirm these benefits in larger populations.