



JULIE TUPLER, RN, PRESIDENT OF DIASTASIS REHAB

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MEDICAL EDUCATION

University of Illinois College of Nursing, Chicago, Ill Graduated June 1970
Bachelor of Science in Nursing

Council of Childbirth Education Specialists, New York, NY Completed Feb 1991
Certified Childbirth Educator

FITNESS EDUCATION

National Council on Strength & Fitness, New York, NY Certified Feb 2002
Personal Trainer

Aerobics and Fitness Association of America, New York, NY Certified Nov 1990
Personal Trainer/Fitness Counselor

Elizabeth Noble, Lenox, MA Completed Sept 1990
Instructor Training in Prenatal and Postpartum Exercise

Aerobics and Fitness Association of America, New York, NY Completed Aug 1990
Prenatal Exercise

Aerobics and Fitness Association of America, New York, NY Certified Sept 1986
Professional Aerobics Instructor



EDUCATIONAL COURSES

Kinesthetic Anatomy and Physiology of Motion, New York, NY <i>Instructor: Irene Dowd</i>	Completed Apr 1997
Labor Support Workshop, New York, NY <i>Instructor: Penny Simkin, PT</i>	Completed Nov 1995
Mosby Division of Continuing Education Training, New York, NY <i>Crisis OB</i>	Completed Mar 1994
New York Chapter American Physical Therapy Association, New York, NY <i>Instructor: Prenatal Exercise by Rhonda Kotarinos, PT</i>	Completed May 1991
Perineometer Research Institute, Philadelphia, PA <i>Advanced Perineometry for Urinary Incontinence</i>	Completed Apr 1991

ADVISORY BOARD MEMBERSHIPS

- Women's Health Foundation
- Fit Pregnancy
- Women's Sports Foundation

RESEARCH

Research Study on Diastasis & Tupler Technique®, New York, NY Columbia University Program in Physical Therapy: "Effects of exercise on the diastasis during pregnancy Published: <i>Journal of Women's Health Physical Therapy</i> , Volume 29, No. 1 Spring, 2005	Completed Mar 2001
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STATISTICS

Diastasis Rehab statistics with 1200 clients shows that program can make a diastasis 55% smaller in six weeks. For details on diastasis distance, condition and circumference [click here](#)

AUTHOR

Books

- Diastasis Recti...Getting it Together with the Tupler Technique® May, 2016
- Tupler Technique® Guidebook Published 2010
- Lose Your Mummy Tummy (Persius) Published 2005
- Maternal Fitness (Simon & Schuster) Published 1996 (Updated 2006)

Abstracts/Articles

- **Importance of Making a Diastasis Recti Smaller Before Abdominal Surgery to Prevent Incisional Hernias** March, 2016
American Hernia Society- 17th Annual Hernia Repair
- **A Separate Diagnosis** January, 2016
Chiropractic Economics ([View article](#))
- **Treatment of Diastasis Recti & Umbilical Hernia with the Tupler Technique®** Published 2012
Hernia: The World Journal of Hernia and Abdominal Wall Surgery ([View article](#))
- **Saving the Sutures with the Tupler Technique®** Published 2012
Hernia: The World Journal of Hernia and Abdominal Wall Surgery ([View article](#))
- **“Treatment of Diastasis Recti & Umbilical Hernia with the Tupler Technique®”** Published 2011
Hernia: The World Journal of Hernia and Abdominal Wall Surgery ([View article](#))
Volume 15 Supplement S61-S63



PROGRAMS DEVELOPED

- Tupler Technique® Licensing Training Program Jan 2010- Present
- Maternal Fitness® Program taught at: Jan 1990- Mar 2009
 - Maternal Fitness® Center
 - Reebok
 - New York Sports Club
 - New York Health & Racquet
 - Peggy Levine Studio
- Fitness Professions Prenatal Continuing Education (NASM, NCSF ACE & AFAA) Jan 2004-Mar 2009
- National Council of Sports and Fitness Continuing Education Course January 2004- December 2007 Jan 2004- Dec 2007

PRODUCTS DEVELOPED

DVDS

- Diastasis Rehab *Lose Your Mummy Tummy* DVD®
- Diastasis Rehab Say Good Bye to Your Gut Guys®
- Tupler Technique Ab Rehab®
- Tupler Technique® Perfect Pushing®
- Diastasis Rehab Belly Button Boogie®

Therapeutic Products

- Diastometer™ (Device for measuring the width and the depth of a diastasis recti)
- Diastasis Rehab Splint® (Binder for approximating the muscles and connective tissue)
- Coming Contractions audio pain management tape
- Diastasis Rehab Splint® Extenders
- Together Tape™
- Corrective Connective Tissue Cream



SPEAKING EXPERIENCE

Physical Therapy In-Service Education Integrative Care Center Hospital for Special Surgery New York, NY	March 2016
Seattle Midwives Group Treatment for Diastasis Recti (Continuing Education) Seattle, Washington	Aug. 2015
1st World Conference on Abdominal Wall Hernia Surgery Milan, Italy <i>Treatment of diastasis recti with the Tupler Technique®</i> Click here to view panelist talk	Apr. 2015
Portland Twins Group, Portland, Oregon <i>Lose Your Mummy Tummy Seminar</i>	June 2010
March Wellness, Portland, Oregon <i>Lose Your Mummy Tummy</i>	June 2010
American College of Nurse Midwives, Washington, DC <i>Treating Diastasis Recti with the Tupler Technique®</i> <i>55th Annual Meeting</i>	June 2010
Baby Boot Camp Convention, Sarasota, FL <i>Key Note Speaker</i>	Oct 2009
Manhattan Twins Club, New York, NY <i>Lose Your Mummy Tummy</i>	June 2009
American College of Nurse Midwives, Seattle, WA <i>54th Annual Meeting & Exposition</i> <i>Treating Diastasis Recti: Getting to the Core of Postpartum Fitness</i>	May 2009



NY Fit Mama, Brooklyn, NY
Panel Presenter on Renew Your Life

May 2009

Baby Boot Camp Convention, Orlando, Florida
Continuing Education Course

June 2007

Nursing Spectrum Career Fair, New York, NY
Closing the Diastasis Recti with the Tupler Technique®

Oct 2007

Sea Island Spa, Sea Island, Georgia
Continuing Education

Aug 2006

Healthy Start Coalition of Brevard County, Orlando, Florida
Key Note Speaker

Apr 2006

Strollerstride Convention, San Diego, California
Key Note Speaker

June 2005

National Healthy Leg Conference, Atlanta, Georgia
Sponsored by Sigvaris

Oct 2004

TSI Summit Conference, New York, NY
Prenatal Exercise

Sept 2004

Phoenix Life Insurance, Enfield, CT, Hartford, CT & Albany, NY
Prenatal Exercise

Apr 2003

AOL/ Time Warner, New York, NY

Mar 2003

Adidas National Sales Meeting, Las Vegas, Nevada

Feb 2001

American College of Sports Medicine, San Diego, California
Health & Fitness Summit & Exposition

Apr 2000



Medical Fitness Association, Atlanta, Georgia
Fifth Annual Conference

Nov 1999

Nursing Spectrum EXTRAVAGANZA 98, Philadelphia, PA

Apr 1998

Viacom, New York, NY

Dec 1997

East Coast Alliance/NYC, New York, NY
Fitness Expo 97

Mar 1997

American Women's Economic Development Corp., New York, NY
20th Anniversary National Conference for Women in Business

Mar 1996

New York Sports Club, New York, NY
Preparing for the Marathon of Labor: Lectures to Members

Jan 1995- Dec 2000

Merrill Lynch, New York, NY
Prenatal Exercise

Jan 1995

Metro Island Chapter of the Intravenous Nurses Society, Westbury, NY

Jan 1995

Southern Illinois Perinatal Program, Mt. Vernon, Ill

Oct 1994

Tupler Technique[®]

Treatment for Diastasis Recti

