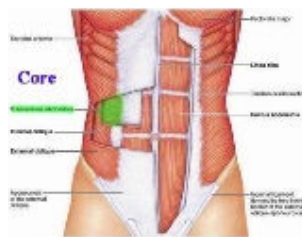




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March 2009

## Core Stability



The principle of core stability has gained popularity amongst physiotherapists worldwide and the general population. Abdominals get all the credit for protecting the back and being the foundation of strength, but they are only a small part of what makes up the core. The other important muscles are the deep mid and lower spinal muscles, gluteal muscles and deep hip muscles. However, it is weak and unbalanced core muscles that are linked to low back pain.

The muscles making up the “core” stabilize the spine, pelvis and shoulder and provide a solid foundation for movement in the extremities. Core conditioning exercise programs need to target all these muscle groups to be effective, thus allowing us to perform our daily activities of living.

Research studies for as long as four decades have confirmed that weakness and decreased control of the trunk muscles occurs in people who suffer from low back pain.

## Core Stability Exercise

***Here's an example of an exercise to activate your core muscles:***

The pictures shown are demonstrating an exercise called “the reverse curl up”

***Step one:*** the **start position** is lying with the knees and hips bent to **90 degrees**.



***Step two:*** Using the **lower abdominal muscles**, curl the base of the spine off the floor and bring the knees to your chest to complete the movement. As a beginner it is not imperative to bring your knees to your chest. Gently drawing your knees in just part of the way is fine to start.



***Step three:*** Slowly relax the abdominals and return your legs back to the starting position. When returning to the start position it is important not to let the legs extend **beyond 90 degrees**.



Repeat the exercise 10x once per day. [Once you are comfortable with the exercise, you may slowly increase the number of reps.](#)

**NB!** Do not continue the exercise should you feel back pain during the exercise. Those people currently experiencing back pain are discouraged from performing this exercise without being supervised by a physiotherapist first.

Training the muscles of the core corrects postural imbalances that can lead to injuries and back pain. The biggest benefit of core training at PHYSIO4ALL is to develop functional fitness - that is, fitness that is essential to both daily living and regular activities

Bearing these in mind, PHYSIO4ALL has some great Exercise classes that are designed to increase core muscular strength. These include:

**Back 2 Bizz Classes**- specifically intended for those clients recovering from a back or neck problem. For more information [click here](#).

**Clinical Pilates Classes** - individualised programmes designed to meet your needs. Extensive use of Pilates machines in all classes. For more information [click here](#).

## Special Offer!

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Join our Back 2 Bizz Class or our Clinical Pilates Class, and receive a **FREE 30 minute Back 2 Bizz or Pilates assessment worth \$75.00!!\*\***

For more information, please call our friendly staff on 9922 2212 – we look forward to hearing from you.

Yours in health,

**PHYSIO4ALL**

**Revitalize-Bounce-Be Healthy**

**\*\*Free Back 2 Bizz or Pilates assessment only awarded to clients who purchase a minimum pack of 8 Back 2 Bizz or 5 Pilates classes. Payment needs to be made prior to the assessment. Special offer only valid if you mention this email and offer expires on the 30 March 2009. Health fund rebates do apply if you have Health Insurance cover for physiotherapy.**



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