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Putting people's lives in motion

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## Core Stabilization

- Your core is the center of your body, “natural weight belt”
- Most refer to their “abs” as their core, however the core is comprised of all the muscles that attach to your spine including:
  - The muscles that make up your torso (front, sides, and back)
  - The muscles that stabilize your hips (pelvic floor)
  - The muscles that stabilize your shoulders
- Functions of the core:
  - Stabilize your body
  - Maintain balance
  - Protect your spine from excessive load
  - Absorbs and transfers your weight/force between your upper and lower body and vice versa.
- Injuries to the spine tend to come from bending forward, side to side, and rotation excessively.
  - Ideally, we want to create 360 degrees of protection around our spine to protect it as we move through daily activities!
- Symptoms of a weak core:
  - Poor posture: slumped shoulders or the inability to stand or sit up straight
  - Back pain: due to a lack of strength in the opposing muscles (abs)
    - Is your low back arched forward while standing?
  - Overall weakness: your midsection muscles help to fuel the strength of your limbs
    - Do you rely on your arms when going from sitting to standing?
  - Fatigue: shortness of breath or the inability to hold your stomach muscles in without pain or strain.
    - Do you hold your breath while doing certain exercises/motions?



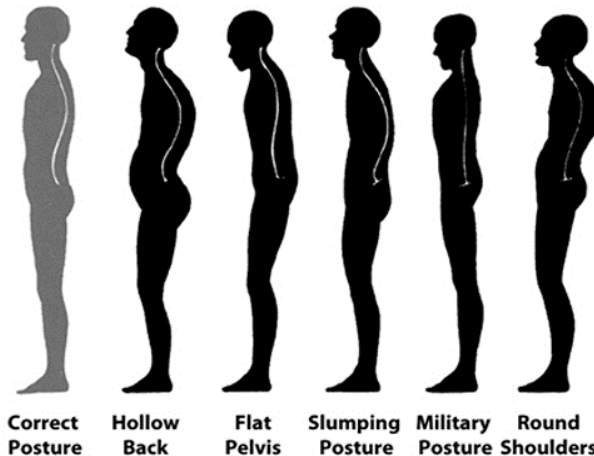
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## Treatment

- Staying active! Going for a daily walk
  - Remember to be conscious of your posture!

### Common Postural Problems

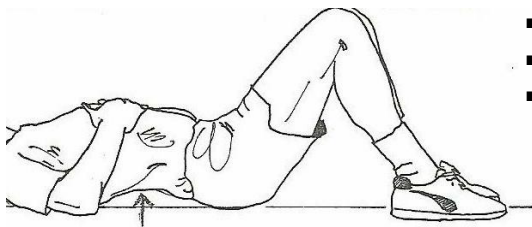


- ✓ Head Up
- ✓ Shoulders back comfortably
- ✓ Stomach tucked
- ✓ Shoulders, hips, and ankles in a straight line

Photo Credit: <http://www.ohpkelowna.com/postural-strain-kelowna-chiropractor/>

- **4 simple exercises to increase core strength:**
  - 10-15 reps of each exercise
  - 3 or more days a week

- **Pelvic Tilt:**



- Laying on your back, on a firm surface
- Bend knees up and place your feet on the floor
- Tilt your hips, pressing your low back into the floor (firm surface)
  - Like your trying to make your belly button touch the floor beneath it
  - Your hips do not “lift” off the floor

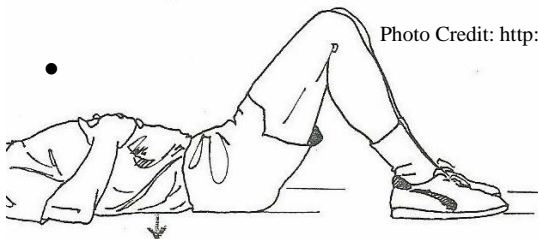


Photo Credit: <http://2relievebackpain.org/back-builder-exercises/back-stretching-exercises/>

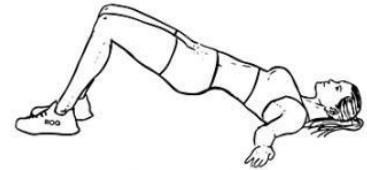
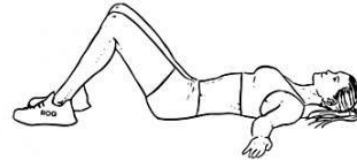


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- **Bridge:**

- Laying on your back, on a firm surface
- Bend your knees, placing your feet on the floor, hands by your sides
- Lift your mid-section toward the ceiling
- Squeeze your butt muscles as you lift



WorkoutLabs.com

- **Clamshells:**

- Laying on your side, with your knees bent (legs stacked on top of each other)
- Lift the knee toward the ceiling
- Your heels will stay together



Photo Credit: <https://durablehealth.net/wp-content/uploads/2014/02/rear-butt-workout-Side-Leg-Raises.jpg>

- **Squats:**

- Start sitting in a chair
- Stand and place your arms in front of you and feet shoulder width apart
- Bend your knees slightly
  - as if you are going to sit back into the chair
- When you are almost to full sitting position, push yourself back to standing

Photo Credit: <https://www.shape.com.sg/fitness/prevent-runners-knee/>

