

Core/Trunk Strengthening Exercises (Advanced)

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Diagrams: © PhysioTools

Advanced Core/trunk Strengthening Exercises

The core trunk ('stomach') muscles consists of several groups of muscles including the transversus abdominus, multifidus, the diaphragm and the pelvic floor muscles. These muscles work together to provide stability in the abdominal and lower back region. These muscles also co-ordinate the movements of the arms and legs.


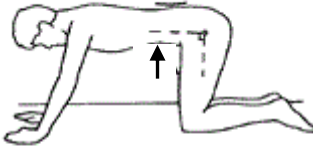
Benefits of Core/trunk Strengthening

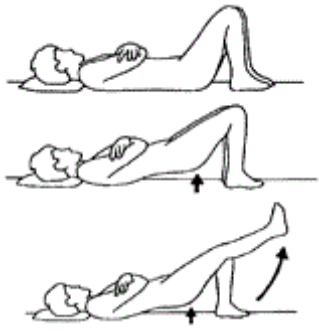


- It will provide more support for your spine and may reduce the risk of back injuries.
- It will provide a more stable base for the arm and leg movements, improving the quality and control of the movement.
- It will improve your muscular control during movement.

Advanced Core/trunk Strengthening Exercises

These exercises should be comfortable to do. You can progress them by increasing the number of repetitions or hold times.

Remember to breathe normally throughout the exercises.

	<p>Lie on your back with legs bent and feet together. Pull stomach in and flatten back gently onto floor. Assist this contraction by pulling up and in the pelvic floor muscles. Hold for 5 seconds. Repeat 5 times.</p>
	<p>On hands and knees. Pull stomach in. Assist this contraction by pulling up and in with the pelvic floor muscles. Do not allow the back to move or lose position. Hold for 5 seconds. Repeat 5 times.</p>

	<p>Lying on your back with legs bent and feet together. Pull in stomach and tighten buttocks while slowly lifting buttocks just clear of the floor. Shift weight onto one foot and slowly straighten the other knee maintaining a level pelvis. Keep knees together throughout exercise. Slowly return to the start. Alternate legs. Repeat 5 times with each leg.</p>
	<p>Sit with a good posture. Lift one knee up as far as you can without losing the straight back position. Don't allow the leg to rotate. Weight should be evenly distributed between buttocks throughout the exercise. Hold for 5 seconds. Repeat 5 times with each leg.</p>
	<p>Lean against a wall and stand on one foot. Flatten your back by pulling in your stomach and maintain this position throughout the exercise. Now slowly lift the knee no higher than 90 degrees at the hip. Hold for 5 seconds. Repeat 5 times with each leg.</p>

For Further Advice:

Back Pain Overview

<http://www.youtube.com/watch?v=BOjTegn9RuY>

Understanding Pain Overview

<https://www.youtube.com/watch?v=aH9NG1c6mIY>

Physical Activity Health Benefits

<http://www.youtube.com/watch?v=aUalnS6HIGo>