

Core Stability

- Core stability exercises involve strengthening the muscles around your trunk and pelvis to improve your balance and stability
- Core exercises train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. Most sporting activities require strong core muscles to perform at the highest level.

At our clinic we educate you on the importance of these muscles and show you how you can activate them.

- The bridge exercise is a classic example of a core exercise. This is when you raise your hips off the and hold the position for as long as you can without breaking your form.
- Core exercises can help tone your abdominals, strengthen and tone the underlying muscles and make it easier to do most physical activities
- Strong core muscles make it easier to do many activities, such as swing a golf club, get a glass from the top shelf and bend down to tie your shoes. Strong core muscles are also important for athletes, such as runners, as weak core muscles can lead to more fatigue, less endurance and injuries.
- Weak core muscles can also leave you susceptible to poor posture, lower back pain and muscle injuries. Strengthening core muscles may also help improve back pain.