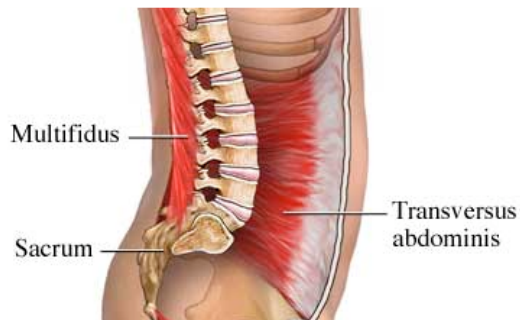


Core Strengthening

Spinal stabilization involves contracting muscles of the inner "core": primarily transverse abdominis and multifidus, secondarily pelvic floor and diaphragm. The multifidus is a very deep muscle that runs from the neck to the lumbar spine. Approximately two thirds of the static support in your back is produced through contraction of the multifidus muscle. The inner "core" makes up the deepest muscles surrounding the lumbar spine.

The obliques & transversus abdominis muscles transmit a compressive force, and act to increase intra-abdominal pressure that stabilizes the lumbar spine.



Essentially these muscles act as a corset or brace surrounding and protecting the lumbar spine. Spinal stabilization techniques should be a focus during strengthening to train inner "core" muscles to support and stabilize the spine as the outer core muscles move the spine.

Back Builder's spine strengthening program incorporates table-based exercises, swiss ball, machine-based equipment, therabands and dumbbell weights. High-repetition and low-weight exercises targets endurance-type muscle strengthening. This is important for increasing the spinal muscles' ability to protect the back for long periods of time throughout the day.

