

# THE INNER CORE ASK A PHYSIOTHERAPIST

Ask any physiotherapist if there is one muscle group that will give you the greatest benefits if you strengthen them, we will say without a doubt, your **CORE MUSCLES!**

Our internal core muscles act as primary stabilizers for our back. Imagine a pop can. When the can is sealed it's extremely strong. But after you crack it open it doesn't have nearly as much structural support, and you can crush or dent it pretty easily.

This is just like our internal core! If all four muscles are working properly, and are nice and strong, we have a ton of support. But if even one muscle isn't as strong as it needs to be the integrity of the support system is lost. So for the sake of our backs, training our internal core is VERY important!

What the heck are the core muscles anyway? Contrary to what many believe, it's not those six-pack abs. Rather, it's the muscles lower down in your abdomen and pelvis.

The inner core group of muscles are the:

**Diaphragm** - your primary breathing muscle attached to the lower ribs and spine

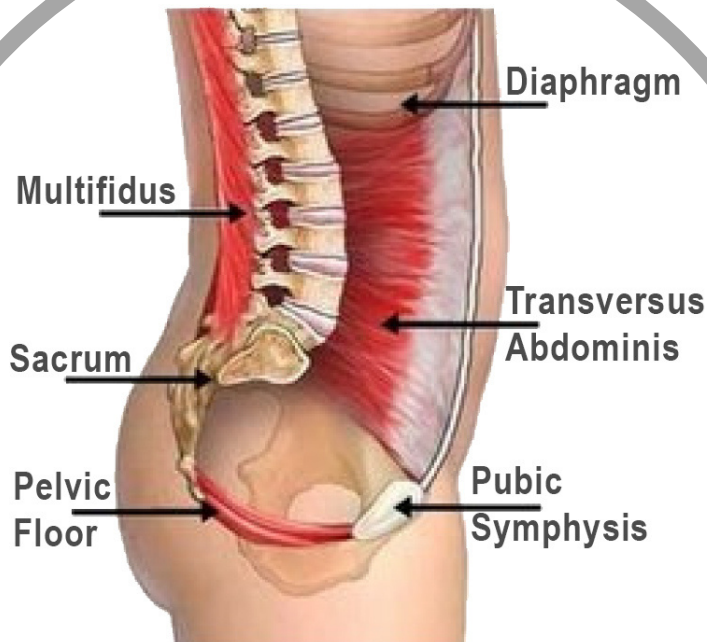
**Pelvic Floor** - muscles attach to the bony ring of the pelvis from the tailbone to the pubic bone

**Lumbar Multifidus** - deep in the low back

When they are strong, they help to prevent all kinds of injuries and not just low back pain.

## WHO KNEW!?

The best thing is that doing a few simple exercises regularly is all you need! If you suspect you may need some inner core strengthening, come see us for a detailed assessment and we'll get you started on getting that core strong!



Side view of core stabilising muscles