

TRAINING TIP OF THE WEEK

GETTING TO THE CORE OF EXERCISE

Core muscle training has been a hot topic of conversation in exercise and sports medicine. Many people think of core training with abdominal exercises, but the "core" actually consists of many different muscles that stabilize the spine and run the entire length of the torso. These muscles provide a solid foundation for proper movement in the extremities, assist with balance, and distribute stresses from weight bearing activity to protect the back.



Training the core muscles can both help prevent injuries and lead to better sports performance. Weak core muscles result in the loss of the appropriate lumbar curvature and pelvic positioning. Strong, balanced core muscles help maintain appropriate posture, reduce strain on the spine, and prevent incorrect motions of the

extremities that can lead to injuries. Athletes with a solid core can throw harder, jump higher, and perform repetitive movements without having their body break down on them as easily. So if you want to excel as an athlete and have a long career, get in the gym and work those little known muscles like your transverse abdominus, erector spinae, and multifidus.

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