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CORE STRENGTH 101



CORE STRENGTH

Your back is a very complex structure, and unlike any other part of your body. Your back is composed of a series of bones which form a flexible, stacked column which is held together by various ligaments and muscles. All of these structures are intimately connected to body movements, posture, stability and balance, as well as basic functions such as breathing.

When the core is strong, we are better able to do what we love to do, not to mention that keeping your core strengthened helps to stabilize your back!

The goal of these exercises is to increase core strength, while simultaneously minimizing the amount of stress on your spine.

SPINAL BRACING

Spinal bracing is a technique that is to be applied during all three of these exercises. To perform, contract and stiffen your abdomen as if you were to take a blow to your belly, being sure not to push your stomach out, or suck your belly in.

MINI CRUNCH & DEAD BUG

Mini crunch: lay on your back with one leg extended flat, and the second leg bent. This helps to stabilize your pelvis. Place your hands under the small of your back to support your low back curvature. Keeping your neck in line with your spine, and tucking your chin in, gently lift your shoulder blades off the mat. Hold for five seconds. Repeat this exercise five times, working your way up to ten times.

Dead bug: lay on your back, starting with your hips, knees and shoulders at 90 degrees. The goal is to extend one arm and your opposite leg to a horizontal position, keeping your arm and leg off the ground. However if you can only lower your arm/leg to forty five degrees, that is a great place to start! Hold for five seconds. Repeat five times, working your way up to repeating this ten times.



SIDE BRIDGE

Lay on your side with your elbow directly under the shoulder, and your knees bent behind you. Lift straight up towards the ceiling, keeping your butt forward and in line with the rest of your body. Your goal is also to be in a straight line when someone looks at you from the front. To make this exercise more difficult, instead of supporting yourself with your knees, extend your knees and support yourself with your feet.



BIRD DOG

Start in a table top position, on all fours, with hips and shoulders at ninety degrees. Being sure to focus on abdomen bracing, slowly raise one arm or leg at a time until it's horizontal. Be sure to not raise/lower your shoulder or hips while extending that arm/leg. Your shoulders and hips should remain still, flat and unmoving throughout this exercise.

Also, ensure your head and neck are in line with your spine.



REVERSE BRIDGE

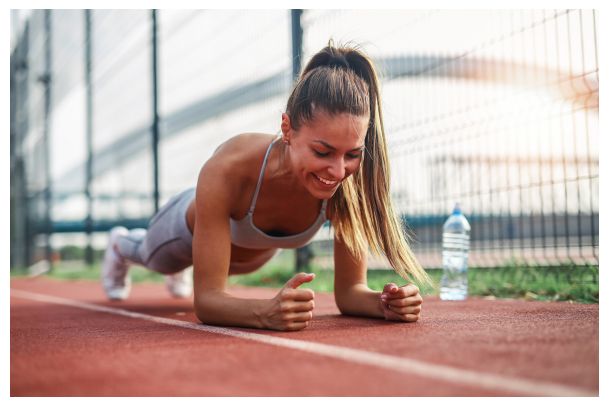
Lay on your back with your hands at your side and your feet flat on the ground, about hip distance apart. Push through your heels, and gently raise your hips. The goal is to be in a straight line from your shoulders to your knees. Hold for five seconds, and repeat five times, progressing up to ten times.



PLANK

Come into plant position with your elbows directly under your shoulders, and the rest of your weight on your knees.

The goal is to be in a straight line when someone looks at you from the side. Hold for five seconds then repeat five times, progressing up to ten times. You can progress to a straight arm position, and to a plank from your feet. Ensure your head is down, looking at the ground and not looking up.



RAILWAY CHIROPRACTIC AND MASSAGE CLINIC provides Chiropractic and Massage services to Weyburn and surrounding area. We also offer acupuncture treatments and custom orthotic prescription. If you would like more information, or if you have a specific concern, please contact our office at 306-842-3395 for an appointment, or visit www.railwaychiropracticandmassage.com to book online.