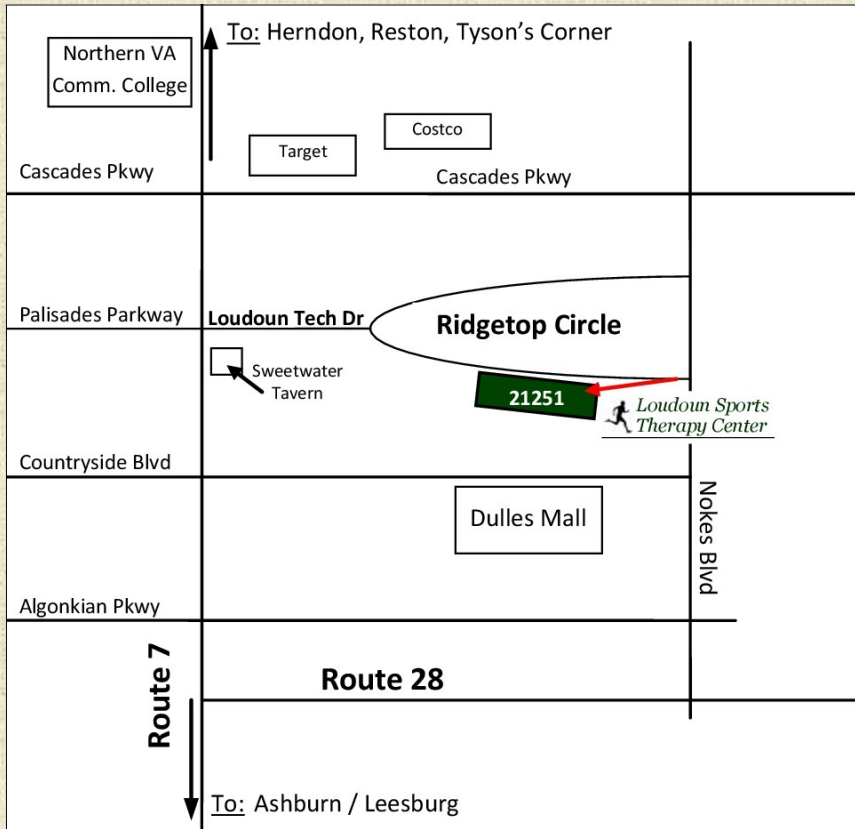


**Loudoun Sports Therapy Center™**  
 Orthopedic and Sports Physical Therapy



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**Sterling, VA**

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[www.loudounsportstherapy.com](http://www.loudounsportstherapy.com)

# TOP 5

## Home Exercises for

# CORE STABILITY

A Foundation of Core Stabilization Exercises for Those Suffering from Low Back Pain



Photo courtesy of: Shutterstock.com

# What Muscles Make Up Your **CORE** ?

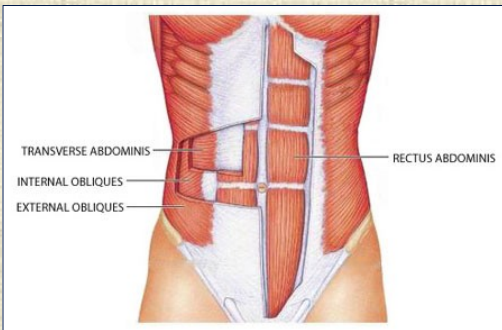


Photo courtesy of: [www.leanmuscleproject.com/abdominal-muscles](http://www.leanmuscleproject.com/abdominal-muscles)

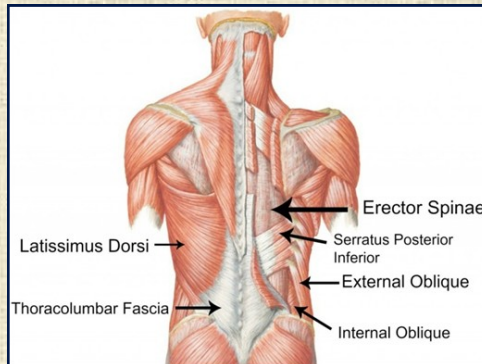


Photo courtesy of: [www.runandbehappy.com](http://www.runandbehappy.com)

## Abdominals: stomach muscles

- Transverse Abdominus - provides significant stabilization of the spine and helps hold all your organs in place
- Rectus Abdominus ("six-pack" muscles) - primary muscle for forward bending
- Internal and External Obliques - helps you bend forward, also helps with bending sideways and turning lower body

**Lumbar Spine Paraspinals:** (Iliocostalis, Longissimus, Spinalis) muscles that support the spine, keeping you upright. They also help you bend to the side. These muscles support you so you don't fall over when you bend forward and they assist you in returning to an upright position.

**Lumbar Spine Rotators:** muscles that support the spine and provide rotation

- Multifidus
- Rotators

## Other supporting muscles:

- **Buttocks:** (Gluteus Maximus, Gluteus Medius, Gluteus Minimus): These muscles help keep our pelvis aligned and help us remain upright. They also bring you back up straight after bending forward and help your hip to remain stable.
- **Trapezius Muscles:** control the shoulder blade and assists in maintaining erect posture
- **Adductors:** helps stabilize the hip and pelvis
- **Pelvic Floor Muscles:** layer of muscles that support the pelvic organs (bladder, uterus, rectum)
  - Levator Ani
  - Coccygeus

Pain is not something you should have to live with or push through. The highly trained clinical staff at [Loudoun Sports Therapy Center](http://LoudounSportsTherapyCenter.com) will help you identify and address your pain.

After a full one-on-one evaluation, they will design an individualized plan of care that will help you achieve goals that matter to your daily lifestyle.

If you have pain, **DON'T WAIT!**  
Call [Loudoun Sports Therapy Center](http://LoudounSportsTherapyCenter.com) TODAY and start your journey to PAIN-FREE LIVING!

**703-450-4300**

[www.loudounsportstherapy.com](http://www.loudounsportstherapy.com)

## Referral Program

**Know someone who would benefit from Physical Therapy?**

**Give them this coupon and refer them to LSTC so we can help them recover from an injury or pain.**

 **Loudoun Sports Therapy Center** **703-450-4300**  
21251 Ridgetop Circle, Sterling, VA 20166 [www.loudounsportstherapy.com](http://www.loudounsportstherapy.com)

## ON YOUR SIDE

### 4. *Clamshells*

Lying on your side with your knees bent and hips stacked on top of one another, tighten your abdominals. Slowly raise your top knee towards the ceiling, keeping your feet together, making a 'clamshell' motion. Don't lift your knees too high. You don't want your top hip to roll backwards. Slowly lower your knee back to the starting position.

**Repeat 10-20 times and then switch sides.**



## ON YOUR STOMACH

### 5. *Prone Hip Extension*

Lying on your stomach, tighten your abdominals. Slowly raise one leg a few inches straight up toward the ceiling. Do not bend your knee. Slowly lower your leg back to the starting position. Be careful! Do not let your lower back arch or your pelvis rotate.

**Alternate leg lifts and perform a total of 10-20.**



## Why is core stability important and how does it help prevent lower back pain?

Your transverse abdominus muscles create 180 degrees of support for your back to help alleviate pressure and weight on your spine. The transverse abdominus muscle group is a key component of core strength and stability because it is a deep muscle that creates a natural girdle of support. It's like your body's natural back brace!

Most people who have lower back pain do not correctly engage their core until *after* changing positions, therefore increasing the stress on their lower back and spine.

Learning to use your core correctly will help you move with greater ease, decreasing your pain and improving your ability to perform daily tasks without discomfort.

### NOTE:

Low back pain isn't something that you should have to live with. Physical Therapy is a great resource. Because you will receive:

- Non-invasive treatment for your pain
- Education on how to relieve your pain without medications
- A home exercise program designed to prevent future low back pain

# Top 5 Foundational Home Exercises To Strengthen Your Core

The following exercises are basic, foundational activities to help strengthen your core. Once you learn these basic exercises and perform them correctly, you will be able to advance your program and carry the basics over into your daily activities.

Core exercises train the muscles in your abdomen, hips, lower back, and pelvis to work together, improving muscular balance and strengthening your body's natural support system. The best part: these exercises don't require any equipment!

## ON YOUR BACK

### 1. *Bracing*

Lying on your back with your knees bent and feet flat, tighten your stomach muscles and tuck your tailbone under. Make sure you are not hollowing your stomach by sucking it in and flaring your ribs, Keep breathing!

**Hold for 5 seconds and repeat 10 times.**



### 2. *Bracing with Marching*

Lying on your back with your knees bent and your feet flat, tighten your stomach muscles and tuck your tailbone under. Holding your core tight, gently march one foot a few inches off the floor and slowly lower back down to the starting position. Alternate marching your feet using small, controlled movements while holding your core tight. Keep breathing!

**Perform 2 sets of 10 repetitions.**



### 3. *Straight Leg Raises*

Lying on your back, bend your right knee and keep your left leg straight. Tighten your abdominals. Slowly raise your left leg several inches up toward the ceiling while keeping your abdominals engaged. Keep breathing!

**Repeat 10-20 times, and then switch sides.**

