

Exercise to Improve Core Strength & Reduce Back Pain

Six-Inch Hover:

- Lay flat on the floor. You can place your hands at your sides or place them underneath your bottom.
- Engage your core and keeping your knees straight, lift your heels about six inches off the floor.
- Hold this position for 20 seconds. Repeat 3 times.

You can work your way up to longer intervals from :30 to :45. High-level athletes can work up to holding this position for a full minute.

Engaging your core through this movement ensures you are not putting unnecessary stress on your lower back.



Back pain is a common problem we see among athletes of all ages. The culprit is typically muscle imbalances. Strengthening the abs, lower back, hips and pelvis helps improve core stability. When these muscles are not equally strong and equally flexible, your athletes are overworking certain muscles while others are getting weaker and tighter. This can set them up for not only lower back pain but also hip problems, knee injuries like ACL tears and ankle instability.

We want to help you address any muscle imbalances your team may have so that they aren't complaining of pain and problems. Call our Loudoun Sports Therapy Center today and we can work with you on short and long term solutions that will prevent injuries and improve performance so your athletes are stronger and injury-free throughout the season.