



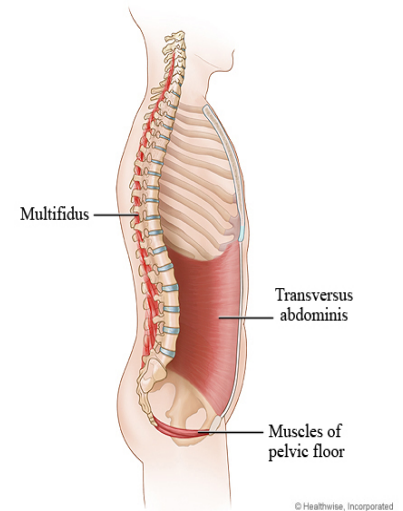
## Core Stability and Back Pain

Core stability training is the training of the abdominal muscles to support the spine, and is fundamental to the Pilates concept, Yoga, and current physiotherapy treatment of low back pain. The deep muscles of Transversus Abdominis, Multifidus and the muscles of the pelvic floor have been shown to be the important key stabilisers of the lumbar spine and the pelvis, and it is these muscles that provide the protective muscular corset, reducing excessive movement within the spine, and providing a stable base for distal movement of the limbs.

### ***Why is Core Stability useful in the treatment of back pain?***

Pain has been shown to inhibit the core stability muscles, and can also result in the adoption of pain relieving positions which can exacerbate the problem. Core stability provides a focus, both mental and physical, away from symptomatic relief and towards constructive support of the painful structures.

Improving core stability and postural awareness can sometimes produce instant relief. However, a slow reduction in pain, requiring some commitment from the patient is more common.



### ***Symptoms of instability***

Sudden jolts of pain in the back for no particular reason

Difficulty getting back up to the vertical after bending forwards, often having to push up on the fronts of the thighs to stand upright

A sudden catch of pain when almost returned to vertical from bent over

A sudden severe pain with a giving way feeling of one leg

### ***How can physiotherapy help the patient?***



Physiotherapists can teach patients how to effectively isolate and activate their core stability muscles through the use of Real Time Ultrasound imaging. We can then devise an individual core stability program for the patient to complete either in our fully equipped gym, or within their own home.