

## Core Beliefs:

The word core gets thrown around a lot with training. Many look at it as a supplemental form of training that “extra” work. In reality its where most athletes should start and come back to during training frequently.

Your “Core” consists lower abdominal muscles, back extensor, obliques muscles , hip abductors and hip adductors. These are the stabilizers for all athletic activity and for many activity they have some added stress during ballistic activity as well.

The “Core” must activate during activity to provide bracing or stabilization to protect the spine and surrounding joints. In running a strong core unloads the lumbar spine, hips, knees and feet and assists in maintaining running form. In swimming it assists in maintaining a hydrodynamic position, and in cycling it maintains positioning for balance and the application of power through the pedal stroke.

Rotational sports, like baseball, golf and tennis create a special challenge for the core. The athlete is generating speed and power with good technique and in rotation. The spine is in a vulnerable position during rotation adding speed and power makes it especially important to be striking and flexibility.

How do you strength your core?

Start on the floor / learn how to brace

Work on moving into different positions while braced (on your side, and stomach )

Move toward sitting and standing

Add an unstable surface in sitting then standing

Consider classes in Pilates and Yoga to learn how to integrate core and improve flexibility

Working what we consider to be “ supportive muscles” can lead to improved performance and a decreased risk of injury.

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