



**Crystal Palace Physiotherapy
& Sports Injury Centre**

020 8778 9050

enquiries@cpsic.co.uk



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Low back pain is a common disorder and will affect many of us during our lives. It is important to note that despite often being painful, it is rarely due to anything too serious and in most cases can easily be managed.

One of the treatment buzz words thrown around these days surrounding back pain is *core stability* and having read this newsletter you'll have a good grasp of it's basic concepts. It has become a popular form of lower back pain management following a large amount of supporting evidence published over the past 10 years.

Core stability refers the muscular control necessary to stabilise the lumbar spine and pelvis during movement. The lumbar spine and pelvis form the centre point (core) of the body and therefore require stability during all movements of the body.

The Transversus Abdominus Muscle

Your physiotherapist may discuss with you the role of this muscle which forms the deepest layer of your abdominals. The muscle fibers run around the abdomen forming a muscular corset. When they contract, they act to brace the lumbar spine as the corset tightens and in doing so provide support for the spine and pelvis.

Why is Core Stability Important?

Improving your ability to directly control the lumbar spine and pelvis will provide a stable foundation at the centre of the body for all leg and arm movements. Coordinating the contractions of the core muscles will:

- Provide support for your spine and may reduce the risk of injuring your back
- Improve the quality, control and muscular coordination of all your body movements
- Reduce the amount of stress placed on the lumbar spine during movement

Did you know?

Research has shown that people with low back pain demonstrate a delayed activation of the transversus abdominus and also that retraining this muscle has been shown to reduce low back pain. This can be a very common problem for new mothers following pregnancy

So no matter what your age or level of activity, if you are suffering from troublesome low back injury, we can help.

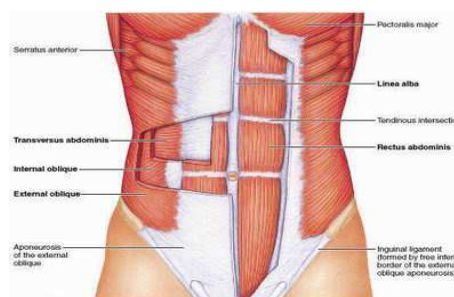
Contact us now on 020 8778 9050 to make an appointment for a detailed examination and evidence based treatment program.

CONTACT

Address: Jubilee Stand
Crystal Palace National Sports
Centre
London
SE19 2BB

Tel: 020 8778 9050

Fax: 020 8659 1501



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