

## LET'S TALK ABOUT THE CORE!

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**QUICK GUIDE TO CORE TRAINING**



**ENDURANCE**  
\*Hold side plank, quadruped/ bird dog, etc for a short time

\*No more than 10 seconds each repetition (McGill)

**1. What is the core?**  
A: muscles that provide stability to the spine when properly engaged. These include superficial and deep muscles of the low back, abdomen, hip and pelvic floor.



**2. How do you train the core?**



**STRENGTH**  
\*Popular with kettlebell and functional training fans  
\*Exercises such as tyre flips, Turkish getup are performed



**STABILITY**  
\*Activation of deep core muscles via visualisation, proper breathing, sensory feedback  
\*Disregard repetitions and 'need' for muscle fatigue

*This infographic is presented to you by*



### ♣ What is the core?

It is made up of superficial muscles (rectus abdominis aka sixpack, etc) as well as *deep* muscles of the abdomen, lower back, pelvic floor and even the diaphragm.

The core wraps around the body like a cylinder, with muscle fibres running horizontally, diagonally and vertically. Properly engaged, it puffs out in front, back and sideways (like an umbrella), and provides stability to the spine.



### ♣ How do you train the core?

There are three different schools of thought:

♣ Endurance - This is taken to an extreme nowadays, with the plank challenge where people try to hold the plank position as long as possible. The problem is that when you are tired, you will use sloppy technique and you run the risk of injury. This is probably what happened to a lady in the UK:

<http://www.dailymail.co.uk/femail/article-3030983/The-ultra-competitive-exercise-fad-ruin-health-called-planking-suddenly-sweeping-gyms-Pilates-classes.html>

A safer approach is to hold the plank position for ten seconds maximum. Professor Stuart McGill, low back biomechanics expert, recommends holding a mini side plank for *eight* seconds but higher repetitions (30).



♣ Strength - this is getting popular in gyms. High risk exercises include such as Turkish getup and slamming a sledgehammer.



♣ Stability / motor control - this school of thought is concerned with activation of the *deep* core muscles. Visualisation cues are also given to help switch on the muscles, hence there is no concern for counting reps, feeling the 'burn', etc. This approach is sometimes called 'motor control'.

Professor Paul Hodges and others have used diagnostic ultrasound to verify that the deep muscles are being engaged. Take a look here:

<https://www.youtube.com/watch?v=6oaw201SkAY>

### ♣ **The MBA Chiropractic approach**

We *test* the major muscles in our patients before prescribing *any* exercise.

In our experience, many people are unable to use (activate) their deep core muscles. Therefore, they will try to cheat and hold their breath, tense the whole body when asked to perform a simple task.

To help our patients improve improve the brain-muscle

'switch', we press on specific reflex points in the body.



We realise you have doubts as our approach is very different compared to other centres. Please read the following news and see if it's time to try something different:

<http://www.smh.com.au/lifestyle/diet-and-fitness/core-promises-20091007-gnbv.html>



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