

Your Core

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Your core is a complex series of muscles, extending far beyond your abs, including everything besides your arms and legs. It is incorporated in almost every movement of the human body. Your core most often acts as a stabilizer and force transfer center rather than a prime mover.

Action of the Trunk	What the Action Looks Like (Move Your Body!)	Primary Muscles
Trunk flexion	Bend forward, or “curl up” action	Rectus abdominis (trunk flexors)
Trunk extension	Stand up straight (from bent over), bend backwards	Erector spinae (back extensors)
Trunk rotation (ipsilateral and contralateral rotation)	Twist to the left and right	Internal and external obliques
Lateral trunk flexion	Bend to the side	Obliques and one side of rectus abdominis and erector spinae
Compression of the abdomen	Draw your belly button into your spine	Transverse abdominis
Spinal stability	Holds your spine stable during	Multifidi

Signs of a weak core:

Poor posture
W sitting
General weakness
Poor balance
Back pain

How to keep it strong:

- Bridges
- Superman (lie on belly and extend arms fwd in front of you and legs behind, lifting off ground simultaneously – holding position)
- Plank
- Crab walk
- Sit over uneven surface such as a Bosu ball (with supervision as needed)
- Dead bug exercise
- Swivel ride on toys (with no pedals)
- Sit ups/ crunches
- Twister – the game
- Standing over uneven surface such as a pillow