



# Elite

## Sports Therapy

Phone: 403-457-4EST (4378) Fax: 403-457-4046

Email: [info@elitesportstherapy.com](mailto:info@elitesportstherapy.com)

#228, 2031 33rd Ave SW  
Calgary AB T2T 1Z5

[www.elitesportstherapy.com](http://www.elitesportstherapy.com)

### Core stability exercises

- 1) Abdominal Bracing:
  - a. Tighten the muscles in your stomach as though you are 'bracing' for a punch.
    - i. Remember to relax your diaphragm and not hold your breath. You should be able to talk and walk normally while you perform abdominal bracing
  - b. While holding the abdominal muscles tight, try and suck in your belly button. Hold this new position
  - c. Hold for 30-60 seconds. Relax and repeat
- 2) Lumbar Multifidus muscle firing
  - a. Muscles in the low back on either side of the spine. To find this muscle, locate the two bony bumps in the low back (immediately above the SI joint) and go directly medial towards the spine. The muscle you feel is the multifidus.
  - b. Contract and hold for 30-60 seconds
- 3) Abdominal bracing with Multifidus firing
  - a. Once you can fire and hold both the abdominal and multifidus muscles separately for 30s, now activate both at the same time.
  - b. Begin with firing the lumbar multifidus and then add-in the abdominal bracing
  - c. Hold both contractions building up from 10 seconds to 60 seconds

Once you can hold both the multifidus muscle contraction with the abdominal bracing for 60 seconds, you can begin doing other core-exercises. Just remember that before you start each exercises, make sure you are consciously firing both the multifidus and abdominals.

- 4) Plank  
- Hold static position for 30-90 seconds



- 5) Supine Plank  
- Hold static position for 30-90 seconds

Start



Finish



Advanced



- 6) Side-bridge  
- Hold static position for 30-90 seconds

Beginners



Advanced



- 7) Bird-dog  
- Slowly extend the one arm and the opposite leg. Be sure not to let the pelvis rotate or drop. Placing a broom handle or foam roller on you back (position2) will give you feedback by rolling off if you are dropping the pelvis.

Start



Position 1



Position 2



8) Dead-bug

- Slowly extend one arm and the opposite leg. Be sure your back does not arch off the ground. Do not let your arms or legs touch the ground in the extended position.

Start



Position1



Position2



Advanced



9) Gym-ball crunches

- a. Sitting on a gym ball with the ball under the small of your low back or sacrum, perform crunches focusing on tightening all of the abdominal muscles.
- b. Perform 15-20 repetitions

