

Core Stability Linked to Injury Prevention

According to a study published in the Journal of the American Academy of Orthopaedic Surgeons, evidence suggests that decreased core stability may predispose to injury and that appropriate training may reduce injury.

Uses of Core Stability

Injury Prevention:

Strengthening the core is essential to prevent all forms of injury around the lower back area.

By training the core the rest of the muscles in the area i.e. the hamstrings, gluteals, abdominal and back muscles all work more efficiently and together.

Risk of injury caused by over activity is reduced in any particular muscle group due to muscle imbalance.

Sports Performance Enhancement:

Whether you enjoy an occasional gym session or whether you're an elite sports person, core stability should be part of your training regime.

Working on your core can vastly improve balance.

In addition it can greatly improve the torsion (twisting) strength that can vastly increase ability and performance in such sports as throwing, tennis, badminton, squash and swimming.

The difference between having the edge in your chosen sport will time and time again come down to your ability to maintain the most efficient functioning of your core muscles, hence it has been coined the powerhouse of the athlete.