

Core Stability Training

This position is used to both self-test your own core stability, and to retrain/enhance your core stability.

Start on your back, knees bent, both feet on the floor.

Put your index fingers on your ASIS (the bony bump in the front of your pelvis).

Fire your core muscles, pulling in your belly and Kegel, with slight activation of the little back muscles (as we have shown you in Abdominal co-contraction)

Lift one foot, 3 inches off the floor, and hold this position, for ten seconds, repeat 5-20 times, 2-4 times per day.

Your ASIS, under your fingers, should move **ONLY SLIGHTLY**

This exercise requires your core muscle to fire under a load, as happens all the time in real life. Is your core strong enough to hold your pelvis stable?

-More advanced- while holding the core: 1-lift the leg further; 2- slide the heel of the lifted leg further away, repeat these 5-20 times, 2-4 times per day.

We may show how to activate a diagonal, or one side more than the other, if you need this for stability.

