



SEPTEMBER 2022

# HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



## STRENGTHEN YOUR CORE *THE RIGHT WAY!*

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## STRENGTHEN YOUR CORE THE RIGHT WAY!

Have you noticed that your back pain seems to make standing upright more difficult and that you don't feel as balanced as you once used to? Believe it or not, these are all signs of core muscle weakness. At Atrium Physical Therapy, our physical therapists will help you figure out if your core is weak and, more importantly, how to get it strong again!

Your core muscles help you a lot – from sitting, walking, and getting up and down from chairs. Achieving high levels of sports performance also requires your core to be trained appropriately. If your core muscles are weak, they may be affecting your function, sports performance, and possibly your pain levels.

Our team will work together to assess your core and determine if it is affecting your ability on the sports fields and even your basic daily activities. With proper guidance, you can learn how to get strong and engage your muscles how they were designed to move!

Contact Atrium Physical Therapy today to figure out how we can help you strengthen your core muscles and improve your overall health and performance!

### WHAT ARE THE CORE MUSCLES?

When most people think of core muscles, they immediately think of the abdominals. However, the muscles of the core comprise the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle.

The muscles that make up your core are designed to help stabilize your body, support your posture, and allow your skeleton to move appropriately. When any of the core muscles become weak, your trunk experiences instability, which makes it difficult for your body to function correctly.

The stability of the trunk plays a role in maintaining an upright posture and helping to change positions when sitting, standing, and walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact.

An athlete's inadequate core will limit performance and the ability to compete at your highest level. Significant weakness in the core will often lead to compensations and straining of different body areas, most commonly the spine's muscles, including the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain.

### HOW OUR INTEGRATED TEAM CAN HELP STRENGTHEN YOUR CORE

Our team will work together to assess your spine. Each team member brings unique qualities that help us determine where any weakness is rooted and what muscles must be strengthened to correct it.

Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement, and strength, to pinpoint precisely what is causing your pain and dysfunction. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating pain.

*Continued inside.*

Are you having a hard time getting stronger? Call 1.575.888.2806

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# FIX THE CORE PROBLEM!

Core stability is about muscular strength and proper sensory input. The sensory inputs alert the central nervous system about the movements and positions you are putting your body through. This means specific exercises designed to help your body react to different actions. This is especially important for athletes.

Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program that focuses on foundational core exercises and progresses to multi-joint free weight exercises and sport-specific training to ensure your core muscles are functioning at their peak potential!

Our team of experts will provide constant feedback and allow refinement of movements to ensure the core provides optimal spinal stabilization through various positions and tasks.

## WHAT TO EXPECT IN YOUR SESSIONS

It can perform at optimal levels when your core is strong, reactive, and mobile. Our team of physical therapists will assess your particular condition to identify how your core is affecting your function.

We believe in education to maximize your training and ensure you understand how your core affects your physical activity and contributes to the pain you may be experiencing. Through an individualized exercise program, you can reduce your pain, prevent the condition from worsening, improve your daily function, and help you achieve your optimum level of physical performance.



Our integrated team will design appropriate core strengthening exercises and provide relevant feedback to your central nervous system that improves your function without aggravating your pain. Our experts can help you reclaim a healthy lifestyle!

## CONTACT US TODAY TO SCHEDULE AN APPOINTMENT

At Atrium Physical Therapy, our physical therapists are here to help you improve your function and relieve your pain.

If you want to strengthen your core, relieve your pain, and improve your overall health, call us today to set up an appointment!

CALL **1.575.888.2806** OR VISIT **WWW.ATRIUMPT.COM** FOR MORE INFO



