

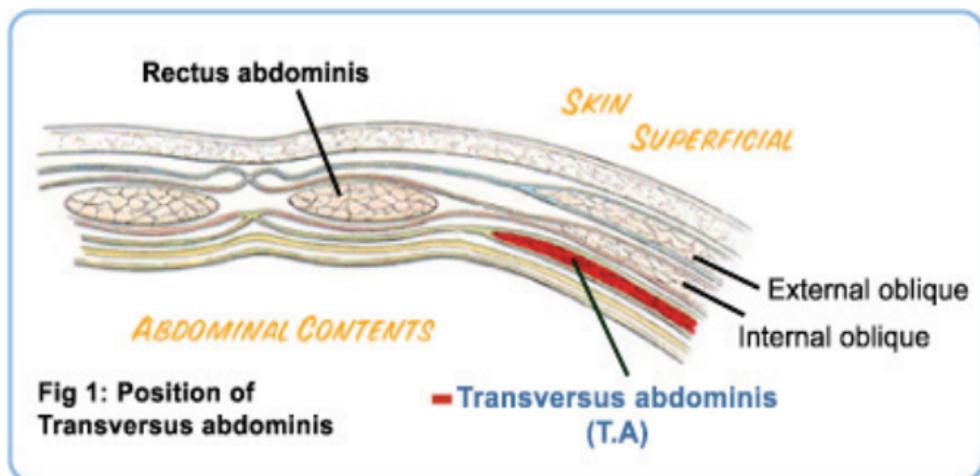
AQUATIC CENTRE PHYSIOTHERAPY

Balancing Mobility and Stability

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What is the “Core?”

- The ability of the abdominals, back, and hips to dynamically stabilize the spine in postures and during movement in a smooth, coordinated manner.
- Spine must be flexible enough to adapt to movement during sport and stable enough to support the extremities while they move.



Why train the Core?

- Prevent muscle imbalances and improper biomechanics.
- Decrease acute and overuse injuries.
- Long term back health.
- Improved sport and fitness performance.

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Overuse Injuries

The Basics in Recognition, Treatment and Prevention

Overuse Injuries:

Irritation of underlying micro trauma to muscle, ligaments or other soft tissue structures, that creates pain or discomfort, which increases in intensity with activity. An overuse injury is characterized by localized pain and inflammation (swelling, heat, and redness), which is worse during or after activity, and decreases with rest.

Treatment:

- Self-treatment: PRICE – Protect, Rest, Ice, Compress, and Elevate. Reduce the aggravator (hills, distance, etc.). This is often most effective if you catch it in the injury's earliest stages.
- If this doesn't work, you must correct the underlying problem. If you have a muscle imbalances or biomechanical faults, these will only become more apparent as you continue to exercise. Your body may also start to compensate and new aches and pains will start to appear, such as pain on the opposite leg or low back pain. See your physiotherapist for assessment, treatment and advice.

Prevention:

- Cross-train. Try to include a variety of activities in your workouts such as cycling, swimming, strength training, yoga, and rollerblading. Dispersing the stress and strain on your body will limit repetitive damage, which usually targets the weakest link
- Stretching. Making sure you have a good stretching routine, which addresses key muscle groups. Proper technique is important with both traditional static stretches to be held 20 sec each post workout, and dynamic stretches, where the muscle moves through its range of motion at the beginning of your exercise.
- Strengthening. A general strengthening is an excellent way to promote balance. Supplementary exercises can be prescribed by a physiotherapist to address any specific weakness or imbalance. Core stability exercises are essential to strengthen the low back and pelvis will improve your ability to withstand an injury.

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