

## DEEP CORE MUSCLES

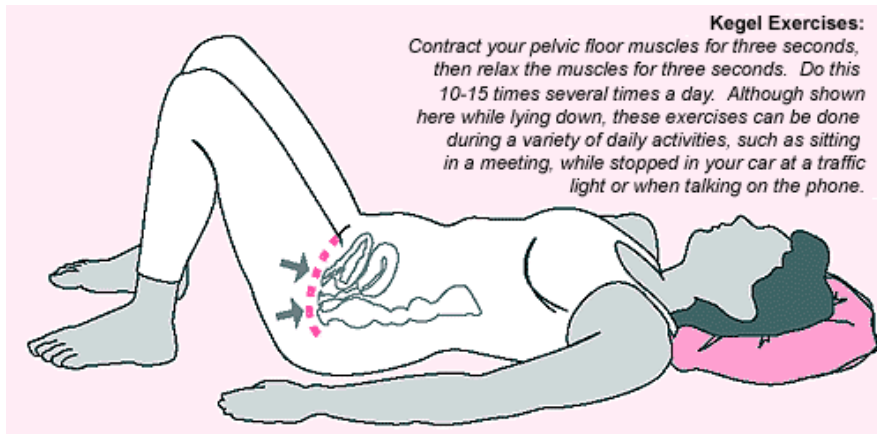
Transverse Abdominus works to stabilize and control movements occurring at each individual joint in your spine. The same area of your brain activates your transverse abdominals and your pelvic floor, using one will make the other work better. Your Physiotherapist will help you find the best method to activate your deep core muscles.



How to activate your deep core muscles:

### 1. Drawing in your lower abdominals

Focus on the area of your abdominals between your belly button and pelvis. Imagine that there is a string between this area and your spine, now tighten this string or drawing your lower abdominals into your spine. Be sure that your back doesn't move and your upper abdominals stay relaxed. Hold this for 10 seconds and relax your breathing.



### 2. Using your pelvic floor

Contract your pelvic floor muscles (pretend to stop passing water mid-flow). You can feel the muscle working if you put your hands just central to the bony bits at the front of your hips...the contraction should be slow and gentle.

Breathe slowly in and out while you engage your pelvic floor. Contract these muscles as hard as you possibly can and relax them to ½ strength. This will allow you to activate just the deepest layer of your abdominal muscles.