**Exercise of the Week**

**Ease-Up Muscle Therapy**

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**Week Two**

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**Core Exercise Two: Marching**

**Objective: To improve the functional capacity of the muscles that stabilize the spine and pelvis.**

**Preparation**

1. Lie on back with knees bent, feet flat, toes pointing straight ahead, and arms by sides.

Draw navel in and

squeeze buttock

Slowly tuck chin in and

gently push head to floor

**Movement**

2. Do the drawing-in maneuver (draw navel in, squeeze buttock, slowly tuck chin in and push

 head toward the floor).

3. Slowly lift one foot off the floor only as high as can be controlled. Maintain the

 drawing-in maneuver.

**Keep your entire leg in line with your hips. Avoid rotating your lower leg, foot or upper thigh as you lift and lower your leg.**

4. Hold for 2 seconds.

5. Slowly lower leg to a count of 4 seconds.

6. Repeat on the opposite leg.

**Key Points**

1. Keep knees in line with your hips. Avoid moving legs in or out.

2. Make sure that you maintain the drawing-in maneuver throughout the duration of this

 exercise. This ensures the intrinsic core stabilizers are staying activated.

3. This exercise involve little motion thought the spine and pelvic.

**Benefits of activating and strengthening your core stabilizers**

**Alleviates Back Pain:** Core stabilization exercises can help reduce discomfort; and improve mobility and support for the spine in people with both acute and chronic low back pain.

**Improves Posture:** Core stabilization exercises can improve your posture and decrease your risk of disc herination and vertebrae degeneration.

**Better Athletic Performance:** Your core is the link between your upper and lower body, it is what allows a golfer to swing the club to strike his golf ball, or a tennis player to serve and optimize her racquet speed. It’s critical to sports performance.

**Improved Balance:** Poor posture is a complicated condition, but lower body weakness, vestibular dysfunction and neurological deficits are often contributing factors. Studies have shown that dynamic balances improves as your core stabilization increases.

**Safer Everyday Movement:** Daily tasks-such as maintaining balance on an icy surface carrying groceries, hoisting children and walking up a steep flight of stairs-are easier and less likely to result in an injury when your core stabilizers are strong.