

CORE STABILITY AND STRENGTH

I have lost my 'core' can you help, me find it?

I am not actually sure what 'core stability' and 'core strength' means?

Can you teach me how to identify 'core' on my body?

by **Filippa Minelli**

'Core stability' is the body's inbuilt system to protect the spine. When it functions well, it works automatically without our intervention. There is no need to focus on making it work during exercises or any other time in your day, it just works. In these cases, we focus on strengthen it, 'core strength'. However, there are various triggers that impact this protective system, such as injury, poor posture and general weakness. This can occur at any age, including as children. Now your spine has lost its protection.

The spine usually loses this protection across segments of your spine. Muscles and other structures cross each spinal joint. It is possible for some segments to be working well whilst others are not. You may not even be aware that this has occurred, as you do not feel any different, possibly for years. However, as you continue to carry groceries, lift your child/grandchild or use dumbbells to strengthen you are directly causing increased degeneration, you may begin to feel back stiffness, niggles and eventually pain.



There have been numerous studies on the protective muscles along the spine and it's clear that once they stop working, they do not automatically start working again. They remain 'switched off' until they are properly re-trained. That is where we can help. This specialist training is one of our specialties.

Book in for your assessments at Functional Pilates.

WHY FUNCTIONAL PILATES?



EXPERT ADVICE



CARE



REPUTATION



INDIVIDUALISED

Our quality strategy sets out our ambitions for ongoing improvement.

Our mission is to better the health of the people we serve by delivering exceptional care, teaching and current research in every class.

Our vision is for Functional Pilates, to be among the best and safest places to receive care.

FACT SHEETS



Fact Sheets inform you of the services available and common conditions we work with at Functional Pilates.

Fact Sheets can be downloaded from our website.

BLOGS



Blogs keep you up to date with the latest research and provide the education of movement in an easy-to-read format.

Read our blog posts on our website.

NEWSLETTER



Filippa can answer your questions and keep you up-to-date with current events research and blogs.

Four annual newsletters answer the questions that are important to you.

Subscribe to our newsletter via our website.