

Core Stability - What is It & How Do I Get It?

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What is Posture & Core Stability?

- The ability to maintain your rib cage/ upper body and pelvis/ lower body positions with a variety of movements
 - Human Movement – proximal stability for distal control
 - Neutral Pelvis and Spine



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It's Natural!

Human Developmental Sequence



**Core Stability Control Develops First...
Posture & Functional Movement Follows**

Signs of Poor Posture/ Core Stability

- Impaired balance
 - Limping
 - Shuffling
 - Unsteadiness or staggering with walking
 - Decreased speed with walking
 - General weakness with rising from sitting
 - Dizziness with changing positions or walking
 - Avoiding bending over due to dizziness or fear of falling

Activity Level is the Key!

- Physical activity has beneficial effects on well-being & healthspan
 - Moderate-Vigorous Exercise/ Activity 150 min/week
 - Including Strength Training 2-3x/week
 - Consult with your Physician or Physical Therapist
 - It's Never Too Late & There's Always Something You Can Do!

Risk Factors

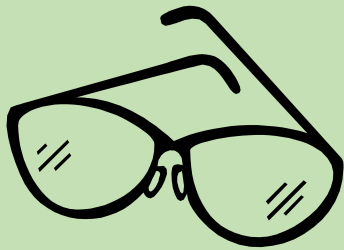
Medical Conditions:

- Poor general health
- Diabetes
- Arthritis
- Osteoporosis
- Stroke
- Incontinence
- Muscular Weakness or Stiffness



Risk Factors for Poor Posture/ Core Stability

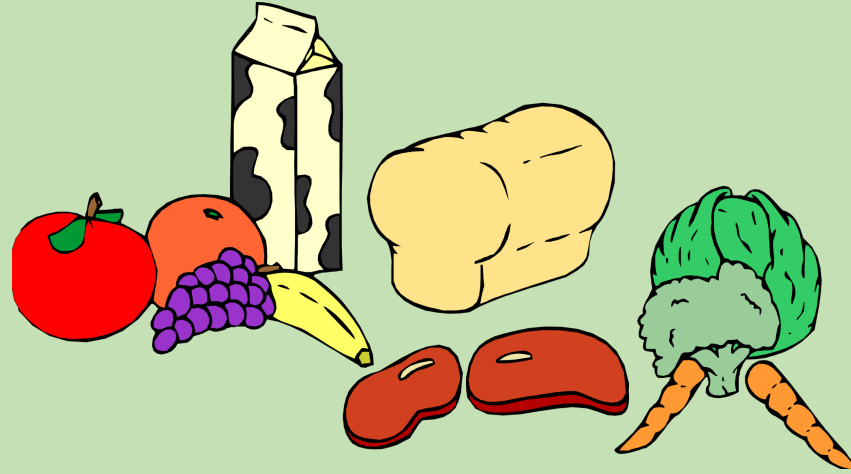
- Medication use
- Sensory perception—hearing, vision, feeling
- Posture changes/more stooped over
- Cognitive/mental health—memory, inattention, dementia, depression



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Risk Factors for Poor Core Stability — *Lifestyle & Behavior*

- Exercise
- Footwear
- Alcohol use
- Nutrition
- Hydration
- Fear of falling



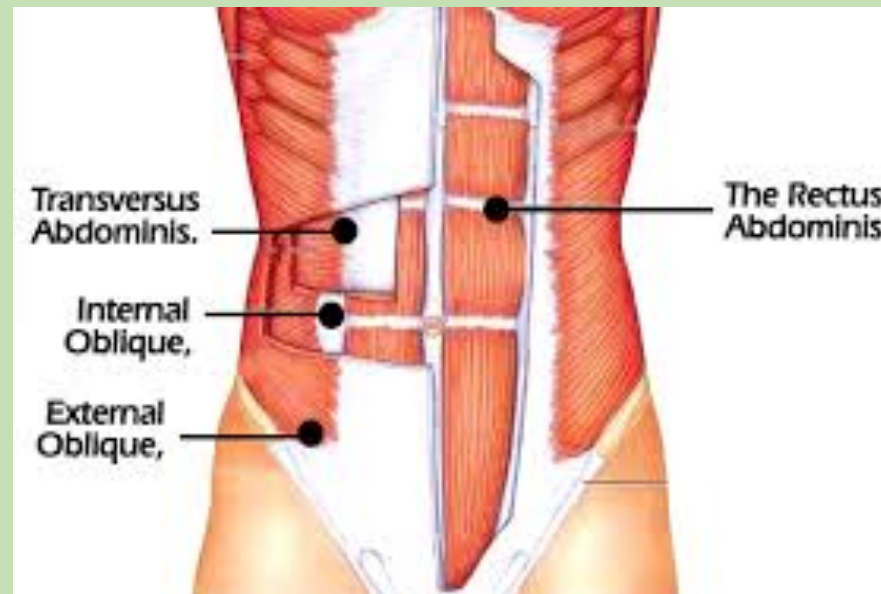
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Strength

Major Muscle Groups

Upper Body

- Abdominals
- Back
- Chest
- Shoulders



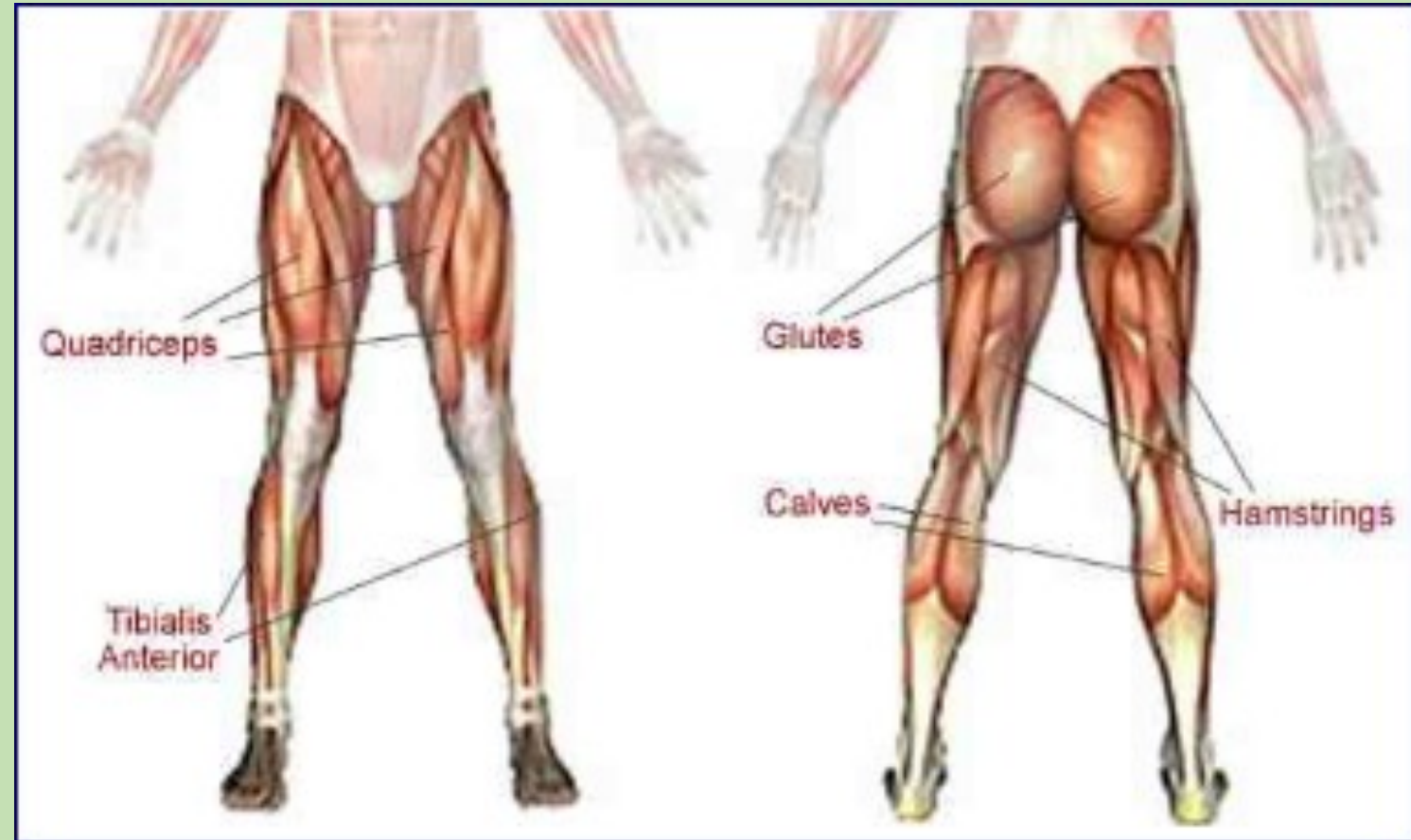
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Strength

Major Muscle Groups

Lower Body

- Gluteals
- Quadriceps
- Hamstrings
- Calves



Activity & Exercise Guidelines

- **Consult with a Physical Therapist, personal trainer and/or your physician**
- **Proper Form & Technique**
- **Appropriate intensity and frequency**
- **Injury prevention/management**

Warning Signs for Fear of Falling

Need to touch or hold onto things/people

WATCH



Walks very slowly

Takes small steps

Limited movement

Expresses a fear of falling

Self-Assessment/ Risk For Falls - QUIZ

I have fallen in the last 6 months.

I use or have been advised to use a cane or walker to get around safely.

Sometimes I feel unsteady when I am walking.

I steady myself by holding onto furniture when I walk.

I am worried about falling.

I need to push with my hands to stand up from a chair.

I am often dizzy when I first stand up.

I have trouble stepping up onto a curb.

I often have to rush to the toilet.

I have lost some feeling or have pain in my feet.

I take medicine that sometimes makes me feel light-headed or more tired than usual.

I take medicine to help me sleep or improve my mood.

I often feel sad or depressed.

Total = 4 or more: indicates potential fall risk

Posture/ Core Stability - Standing

- *Safety, Support, Balance**
- *Wall-, Mirror-, Shrug-Tests**

Demonstration with Participation

Checklist for Core Stability, Movement & Balance

1. Diaphragmatic Breathing

2. Neutral Pelvis & Spine - sitting

3. Foot & Ankle Control (“Toe Yoga”)

4. Hip Hinge (sit to stand)

5. Rib Cage Over Pelvis (Shoulders over Hips)

6. Diagonal Stance (“Ready Position” - standing)

Walking with Core Stability

Soft Heel Strike
Mid-Foot Landing
(beneath you)

Muscles are Shock
Absorbers

Adjust Speed, Stride
Length, Cadence

Eliminates Joint Strain



Exercise: Core Stability & Body Awareness:



- Being active helps prevent falls
- Our bodies need cardio, strengthening, balance and stretching/flexibility
- Balance exercises help with speeding up our core/ postural reflexes
- Core Stability will help you improve your balance, strength, posture & movement

Complementary Wellness Consultations @ The Center at Belvedere

**20 min Injury & Wellness Consult
1st & 3rd Tuesdays of each month
9-10 AM
Wellness B**

**Coordination of care
with Your Physician & Class Instructor**

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The logo for MOVE for HEALTH PHYSICAL THERAPY. The word "MOVE" is in blue, "for" is in white inside an orange circle, "HEALTH" is in blue, and "PHYSICAL THERAPY" is in orange. All text is in a bold, sans-serif font.

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