

## **The purpose of lumbar stabilization (core strength):**

Lumbar stabilization or “core strength” is an important component of all movement. With regards to the spine, stabilization transmits the force of the legs through the spine to the upper extremities. This assists in movements such as when performing a squat, hip hinging, carry, push, or pull maneuver. When the core muscles are weak this can result in abnormal recruitment of muscles and compensation that lead to muscle spasms or pain in the back and lower extremities. Whether you are trying to swing a golf club harder, carry a child, or get off a toilet seat, there is no escaping needing this foundational level of core strength. Resting or doing nothing can lead to atrophy (muscle loss), which can result in more severe pain or longer duration of painful episodes. Dosage of appropriate core exercise is highly dependent on an individual’s goals, current level of strength, and diagnosis. Please consider consulting a physical therapist to discuss the best course of action. Your body will thank you for it.