

# What is Core Stabilization?

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Have you ever been at a fitness class where they keep mentioning “keeping the core tight” and wondered what that meant?

It has to do with the fact that our spine is made up of several bones with fluid filled discs in between then in order to provide cushion. We also have ligaments, cartilage, and muscles to make our spine more stable. The transverse abdominus, the multifidus, and the pelvic floor muscles are deep muscles that make up our “core”.

Core stabilization is the strengthening of these muscles and allows us to “stabilize” before we begin to move. This in turn focuses our stability, breathing, and allows more coordination with movement.

This is important because all parts of our body are connected in some way forming a “chain”. Our trunk is where all the “chains” come together and it forms the foundation of our posture, balance, and coordination. If there is an injury or pain in one link of the “chain”, then it can have an affect on another.

Having a stronger “core” will allow better posture, provide an increase in strength, decrease injuries, and prevent low back pain. Everyone can benefit from core stability strengthening and it should be incorporated with cardio, strengthening, and flexibility training.

For more information check out your local health centers or physical therapy facilities.