

Core Importance & the Plank Exercise **by Dr. Broosan, D.C., C.S.C.S., C.K.T.P.**

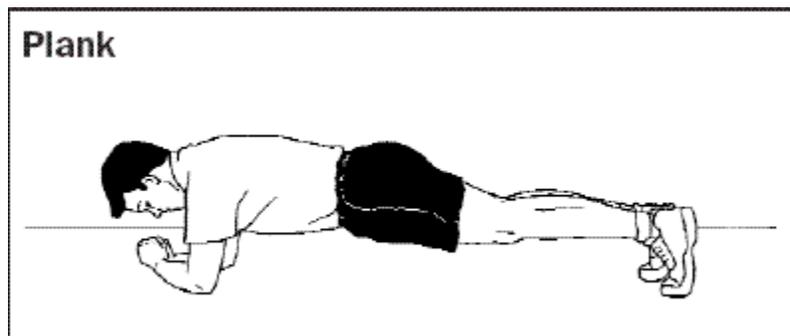


The core is a group of muscles that basically attach our upper body to our lower body. Our core muscles consist of abdominal, hip, pelvis, and back muscles and act to provide strength and stability to our spines. It is our foundation for movement.

Core stability is essential to having a healthy functioning spine and to your overall health and well being. It plays a major role in injury prevention, athletic performance, posture, and much more. Its importance cannot be understated.

To have proper muscle motor control and coordination for optimal core functioning and stability, the brain and spinal cord must receive proper sensory/feedback signals from the spine. Having a subluxation (misalignment and/or segment in your spine that doesn't move properly), disrupts this sensory signal. By restoring the alignment and segmental motion of the spine through chiropractic care, the proper sensory/feedback signals can allow for correct motor control and coordination thus allowing for correct functioning of the core. In conjunction with chiropractic adjustments, training your core is crucial to maintaining a healthy spine and holding your adjustments.

Here is an excellent core exercise known as the Plank:
(Courtesy of <http://www.fitbuff.com/exercise-of-the-week-the-plank/>)



How to Do the Plank

1. Get into a pushup position, but place your elbows on the ground instead of your hands.
2. Keep your body as straight as possible from your head to your toes.
3. Pull your abs in towards your spine as if you were bracing for a punch to the stomach.
4. Be sure to breathe normally, and hold this position for as long as you can.
5. Don't let your back sink down, and if it does, stop immediately.
6. Stop immediately if this exercise causes any pain, dizziness, nausea, etc.

Depending on your current core strength, you may only be able to hold perfect form for about 10-15 seconds at a time. Try to increase the time by 5-10 seconds with each workout. As your core gets stronger, you will be able to last for longer and longer.