

FOCUSING ON STRENGTHENING YOUR CORE

According to the Bureau of Labor Statistics, occupations that result in the most job-related injuries are those that require physically demanding work.

When lifting something such as a box off of the floor, a barbell overhead or a sheet of plywood across the floor, the body uses all major muscle groups. The main muscle group responsible for stability, posture and rotational movement of the body is the core; the muscles around the abdomen.

Common signs of a weak core include: slumped posture, fatigue when standing for long periods of time, difficulty lifting objects from the floor and overhead and pain during rotational movements.

CORE STRENGTH



1. Bird dog

- Begin kneeling on all fours.
- While keeping your back flat, activate the core.
- Simultaneously and slowly, raise one arm and the opposite leg.
- Return to the starting position and repeat on the opposite side.

2. Diagonal curl up with reach

- Begin lying on your back with knees bent.
- While reaching your arms out in front of you, curl diagonally to touch hands to the outside of one knee.
- Return to the starting position and repeat on the other side.





3. Alternating arm and leg lift

- Begin lying on your stomach with arms extended overhead.
- With your head lifted off of the ground, simultaneously raise one leg and the opposite arm.
- Return to the starting position and repeat on the other side.

4. Supine march

- Begin lying on your back with your knees bent and feet flat on the floor.
- Slowly bring one knee towards your chin while simultaneously activating your core and slowly return to the starting position.
- Repeat with the other leg, making sure to keep the spine neutral.



Though not everyone may experience signs of core weakness, core exercises are helpful to maintain postural health and improve many aspects of your life, such as sleep and mood.

If you are having problems lifting or exercising or experience weakness involving core muscles or any other part of your body, please call our medical care management team at 1.888.986.7886. Our care coordinators are ready to provide you with the help you need.



To access your care management application, scan here with your Apple or Android mobile device.