

Engaging the Core

The abdominals need to work as a unit to support the pelvis & lumbar spine. For optimal results, your "core" will need to be engaged for all future rehab exercises. Here's how.



The Transverse Abdominis (TA)

- With a ball between your knees, lie on your back, knees bent, feet flat on the ground.
- To palpate your TA, place your 2nd & 3rd fingers of each hand on each hip and move 1-2 inches towards your belly button.
- Take a deep breath in through your nose.
- As if you were **fogging a mirror**, take **5-6 seconds** to breathe out through your mouth. You should feel your TA tense and flatten underneath your fingertips. Your abdomen should flatten, not bulge.
- Feel the how the inside of your belly button lowers towards your back.

Adding in the Obliques

- Keep your 2nd & 3rd fingers in the same location as above.
- With your thumbs, palpate a rib on each side of your abdomen.
- Take a deep breath in through your nose. Notice how your ribcage expands and moves up towards your thumbs.
- **Fog a mirror** - take **5-6 seconds** to breathe out through your mouth. Notice your rib cage and abdomen flatten underneath your fingertips.

Perform both parts 6-8 times. Repeat twice a day.