

Activating the Transverse Abdominis (TA):



TA activation: Pull the belly button toward the spine to feel a tightening between your hip bones. You should be able to comfortably breathe or talk while doing this. Hold for 1-5 secs, working up to longer.



Quadruped TA activation: Pull the belly button toward your spine to contract the TA and hold for 1-5 secs, working up to longer. Make sure not to hold your breath.



Posterior pelvic tilt: engage the TA as you flatten the low back to the floor. Hold 2-3 seconds.



Quadruped TA activation with alt arms: Contract the TA and hold that contraction as you lift one arm and then the other. Relax and repeat. If you can only hold to lift the arm a little bit, that's ok. Lift as far as you can hold the contraction, relax and repeat on the other side.



Glute bridge: put pressure in the heels to lift your hips, hold 1-2 secs and lower back down. Engage the TA and the pelvic floor as you lift and lower. Lift to neutral as shown above.

*If pregnant and you experience dizziness or discomfort, stop doing this exercise or any exercise on your back.

Contact PhyAFit with questions!

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