

Abdominal Hollowing

Abdominal hollowing is simply the exhale position of abdominal breathing taken one step further. As you continue to fully exhale, suck in your lower abdominal muscles (belly button) toward the spine to the point of tightness. As you force air out, you should feel the muscles below the belly button get tight.

Practice holding your lower abdominals tight while you breathe.

Abdominal hollowing should be performed throughout your activities of daily living. When lifting groceries, children, or shoveling as well as when getting out of bed in the morning and rising from a seated position, suck in the abdominals in order to stabilize and protect your lower back.

