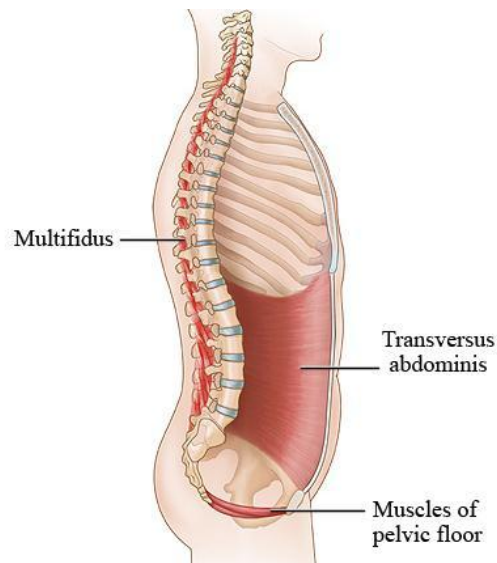


The Core

By Jonathon Barrett
LifeCare Physiotherapy
92844151



What is the Core?

The Core relates to the body region that is surrounded by the abdominal wall, the diaphragm, the lower back and the pelvis. The core consists of the abdominal muscles, gluteals, hip flexors and the adductors (Groins). Having strong and visible abdominal muscles (i.e. a six pack) does not necessarily mean you have a strong core!

What is the function of the Core?

The function of the core is to assist in the maintenance of good posture and balance during dynamic movement (running, kicking etc). This is otherwise known as core stability. Good core stability is important as it allows you to move more efficiently in a way that maximises strength and minimises injury risk.

What happens if I have a weak core?

Having a weak/dysfunctional core can lead to an increased risk of developing overuse injuries.

What can i do?

Once in senior ranks, managing injury is difficult, and the priority should be on preventing injury in earlier football years. Prevention relies on knowing which players are most at risk for injury. As a member of the Claremont Football Club Talent Academy, you are required to undergo a medical screening with the intention of identifying risk factors for injury. Screening is designed to identify intrinsic or individual factors that may predispose a player to both acute or overuse injury. Identifying musculoskeletal deficits or abnormalities and instituting appropriate intervention is in turn designed to reduce injury.

Please contact Lifecare Physiotherapy at either of the following locations to book;

Lifecare Cottesloe
525 Stirling Hwy, Cottesloe 6011
Phone: (08) 9384 3269

Lifecare Claremont
14 Ashton Ave, Claremont 6010
Phone: (08) 9284 4151

What are some good core exercises?

Bridge

Lying on your back with knees bent up and arms by side.

Lift bottom up toward ceiling.

Control back down to start position.

Hold for _____ secs

Repeat _____ times



Hold for 3 secs, repeat 3x12-15.

4pt Arm/Leg Lift (Superman)

On your hands and knees, lengthen your opposite arm and leg out, maintaining a neutral position with your pelvis



Repeat _____ times to each side

3 sets of 15-20 repetitions.

Arabesque

Stand on one leg, with hips square

Maintain a neutral spinal position as you control your leg back and bend forward at the hips toward horizontal.

Control back to starting position

Repeat _____ times on each leg.



3 sets of 12-15 repetitions.

Please note:

Please do not attempt these exercises if you have any current/existing injuries. These exercises do not replace an individually tailored rehabilitation program. If you have any pain/discomfort whilst doing these exercises stop and contact myself on 92844151.

What are some good stretches?

Hip Flexor Stretch

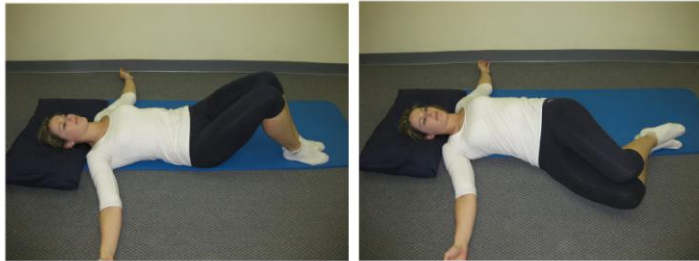
Place one foot forward and kneel on your other knee.
Tuck your pelvis under and move forward until you feel a stretch in the front of your hip.
Hold for 20 seconds
Repeat _____ times each side.



Lumbar Rotation

Lying on your back with knees bent up and arms stretched out. Keeping your knees together, guide them from side to side.

Repeat _____ times on each side



Glut Swan Stretch

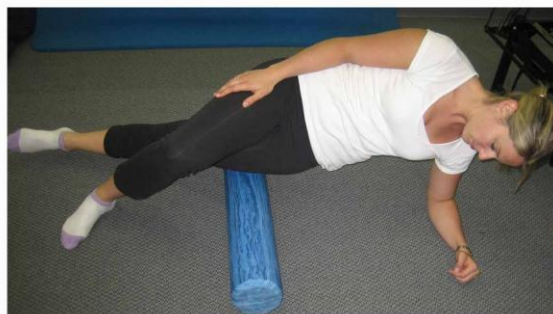
Rest on your hands and knees.
Bring one leg across and in front as you slide the other back.
Rest down onto your elbows.

Hold for _____ secs
Repeat _____ times



ITB Roller

Lie on your side with your bottom leg straight.
Bend your top leg up and use your foot and lower elbow to guide yourself along the roller.
Repeat _____ times



Hold stretches for 30 seconds, repeat 2-3x each leg.