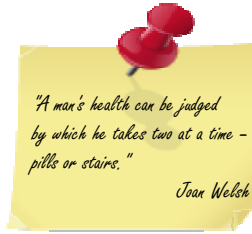


The Importance of Core Stability



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Helotes and Momentum Physical Therapy & Sports Rehab

Did you know...

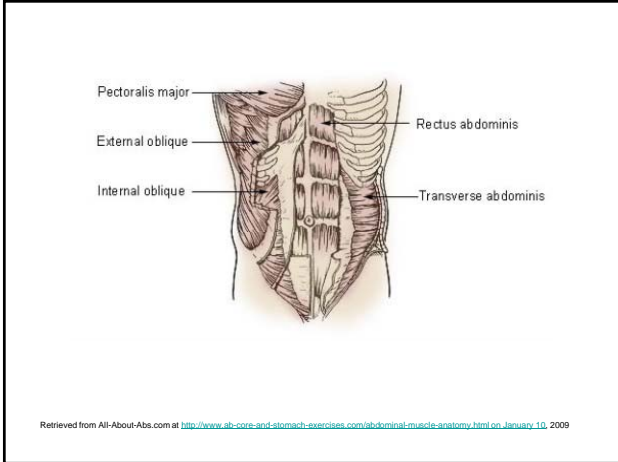
- Over 50% of the patients sent to physical therapy in general are seeking relief from low back pain.
- Approximately 70-85% of our population suffers from low back pain at some point in their life.
- Back pain constitutes about a quarter of all workers' compensation claims and about 40% of causes for sick leave, second only to the common cold.
- In 1990, the estimated cost of back pain to the U.S. economy alone was between \$50 billion and \$100 billion.
- **The exact cause of back pain is never found in approximately 85 percent of patients.**

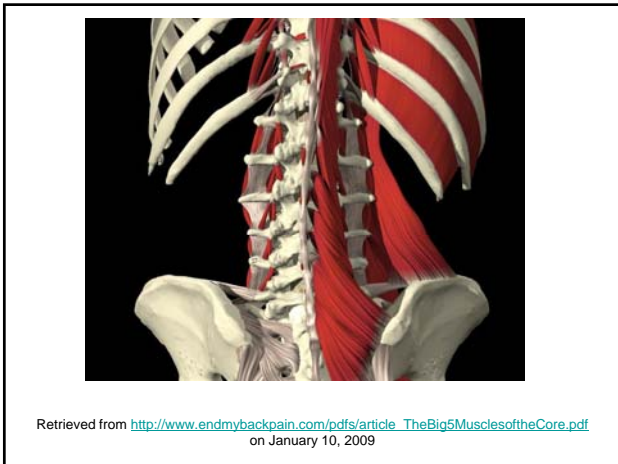
Overview of the "Core"

- Core – the muscle groups that surround the midsection of the body
- It's not just the "abs"
- Core Muscles:
 - Abdominals
 - Gluts
 - Hamstrings
 - Hip Flexors
 - Lats
 - Back/Spine Muscles



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Consequences of Poor Core Stability

- Back Pain
 - Degenerative Arthritis
 - Herniated Discs
- Hip Pain
- Knee Pain
- Poor Posture
 - Decreases body's overall performance
 - Can result in shoulder pain
- Decreases Strength and Power



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