



About your Abdominal Muscles

We have four layers of abdominal (stomach) muscles, three of which are vital for support of your lower back. They act as an inbuilt corset.

If you want to protect your back from injury here is a simple way to strengthen your abdominal muscles.

Sitting on a dining chair try lifting both feet *just off* the floor while your hands push down on the chair seat just beside your legs. (See diagram)

Practice four times before each meal perhaps!

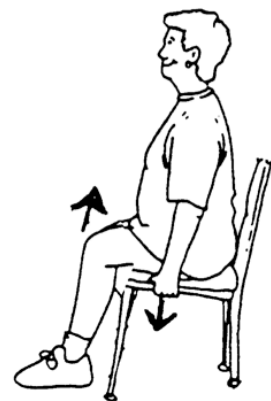
NB Remember to breathe normally – do *not* hold your breath

Once you've done this exercise you will know how it feels.

Now you can practice bracing your abdominal muscles in any position – sitting, lying, standing, or walking.

Try doing it while doing everyday activities like vacuuming, standing doing the dishes, sitting watching the TV, lifting anything and while you do exercises and stretches.

It's particularly useful to brace these muscles while lifting, or carrying anything with a little weight especially children.



Strong abdominals help your back and as well as your figure!

If you are having trouble doing this exercise or have back pain, you don't have to struggle alone. Our friendly physiotherapists can help.

Just contact us

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