



**GET
STRONG**
TO YOUR **CORE**



GET STRONG *to Your* **CORE**

Have you noticed that your back pain seems to make standing upright more difficult, that you don't feel as balanced as you once used to? Believe it or not, these are signs of core muscle weakness. At Carolina Prime, our physical therapists can help you figure out if your core is weak, and more importantly, how to get it strong again!

Your core muscles help you do a lot – from sitting, to walking, to getting up and down from chairs. If your core muscles are weak, they may be affecting your function and possibly your pain levels.

Our team of physical therapists can assess your core and determine if it is affecting your daily activities. With proper guidance, you can learn how to get strong and engage your muscles the way they were designed to move!

Contact Carolina Prime today to figure out how we can help you strengthen your core muscles and improve your overall health.

WHAT ARE THE CORE MUSCLES?

When most people think of core muscles, they immediately think of the abdominals. However, the muscles of the core comprises the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle.

The muscles that make up your core are designed to help stabilize your body, support your posture, and allow your skeleton to move appropriately. When any of the muscles within that group become weak, your trunk experiences instability, which makes it difficult for your body to function correctly.

The stability of the trunk plays a role in maintaining an upright posture and helping to change positions when sitting, standing, and walking. Core strength is also

essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact.

Significant weakness in the core will often lead to compensations and straining different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain.

HOW PHYSICAL THERAPY CAN HELP STRENGTHEN YOUR CORE

Our licensed physical therapists will conduct a physical evaluation to determine where the weakness is rooted and what muscles must be strengthened to correct it.

Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement, and strength to pinpoint precisely what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating pain.

Core stability is about muscular strength and proper sensory input. This sensory input alerts the central nervous system about the movements and positions you are putting your body through. This means completing specific exercises designed to help your body react to different movements.

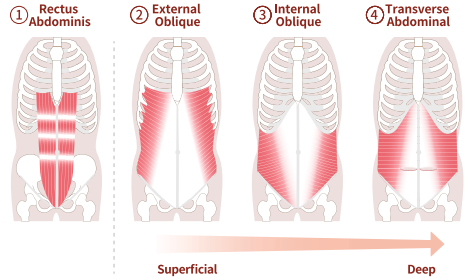
Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program that focuses on core-specific exercises and progresses to multi-joint free weight exercises to train the core muscles adequately.

We will provide constant feedback and allow refinement of movements to ensure the core provides optimal spinal stabilization.

WHAT TO EXPECT IN PHYSICAL THERAPY

When your core is strong, reactive, and mobile, it can perform at optimal levels. Our team of physical therapists will assess your particular condition to identify how your core is affecting your function.

THE CORE MUSCLES



Your therapist can educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Through an individualized exercise program, you can reduce your pain, prevent the condition from worsening, and improve daily function.

In many cases, physical therapy can design appropriate core strengthening exercises and provide relevant feedback to your central nervous system that improves your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle!

CONTACT US TODAY TO SCHEDULE AN APPOINTMENT

At Carolina Prime, our physical therapists are here to help you improve your function and relieve your pain.

If you want to strengthen your core, relieve your pain, and improve your overall health, call us today to set up an appointment!

Book an Appointment Today!

Sources: https://journals.lww.com/acsm.com/fulltext/2008/01000/core_stability_exercise_principles.14.aspx; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6110226/>; https://journals.lww.com/nasa-jscr/fulltext/2013/06000/systematic_review_of_core_muscle_activity_during_29.aspx; <https://www.sciencedirect.com/science/article/abs/pii/S150453318301152>



Healthy Recipe

ANTI-INFLAMMATORY GINGER & TURMERIC CARROT SOUP

- 1 TBS olive oil
- 1 cup chopped butternut squash (or more carrots)
- 1 TBS turmeric powder
- 1 leek, cleaned and sliced
- 2 garlic cloves, minced
- Salt & pepper to taste
- 1 cup chopped fennel bulb (1 small head)
- 1 TBS grated ginger (about a 2-inch piece)
- 3 cups low-sodium vegetable broth
- 3 cups chopped carrots
- 1 14.5-oz can lite coconut milk

Heat the olive oil in a large dutch oven or saucepan. Add the fennel, leeks, carrots, and squash. Sauté for 3-5 minutes until the veggies start to soften. Add the garlic, ginger, turmeric, salt, and pepper, and sauté for a few more minutes. Add the broth and coconut milk. Bring the mixture to a boil, cover, and simmer for 20 minutes.

Once the soup is cooked, add it to a blender and blend until creamy. You could also use an immersion blender. Taste and adjust the seasonings to your taste.

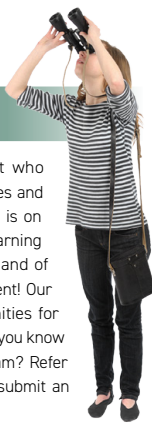
Serve immediately with a dollop of coconut yogurt and enjoy!

<https://www.simplyquinoa.com/anti-inflammatory-ginger-turmeric-carrot-soup/>



WHO DO YOU KNOW?

We are searching for a Physical Therapist who prides themselves on accepting new challenges and has a strong desire to help others. Our focus is on delivering exceptional results and services, learning new techniques, advancing our capabilities, and of course, having an exceptional team environment! Our expanding practice provides ample opportunities for further education and career advancement. Do you know someone who would like to be part of our team? Refer them to our website carolinaprimept.com to submit an application today!



AT-HOME EXERCISE

CLAMSHELL BRIDGE (WITH EXERCISE BAND)

Helps Strengthen Your Core

3 Sets | 10 Reps

Start by lying on your back with knees bent, feet flat on floor and arms at your sides with palms down. Wrap a band around your legs just above your knees. Engaging the abdominals and squeezing the buttocks, slowly lift hips up towards the ceiling. While your hips are raised, spread your knees apart against the band and let them come back in slowly. Repeat for 3 sets of 10 reps each.



Not all exercises are appropriate for every person. Please consult with your physical therapist before starting.

LAST CALL! DON'T LET YOUR INSURANCE GO TO WASTE!

If you've met your insurance deductible for 2023, your physical therapy costs could be **FREE!** Prioritize your well-being and maximize your insurance benefits!



Don't let pain keep you from what you love doing!

Come Back to PT!
336.281.9190
carolinaprimept.com



CAROLINA
PRIME
PHYSICAL THERAPY

Patient Success Story



Scott and the other therapists are outstanding. The success in my recovery should be accredited to their care and guidance. Thank you!"

— Shirley R.

We Want to Hear
your Success Story!

Google
Reviews ★★★★★



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