



DISCOVER THE BENEFITS OF A  
**STRONGER CORE**  
WITH EXPERT PHYSICAL  
THERAPY TIPS!

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## DISCOVER THE BENEFITS OF A STRONGER CORE WITH EXPERT PHYSICAL THERAPY TIPS!

Is back pain making standing tall more difficult? Have you noticed you don't feel as balanced as you once used to? What's the connection? These are both signs that may indicate core muscle weakness. At Carolina Prime Physical Therapy, our physical therapists can help you figure out if your core is affecting your condition and, if so, how to get it strong again!

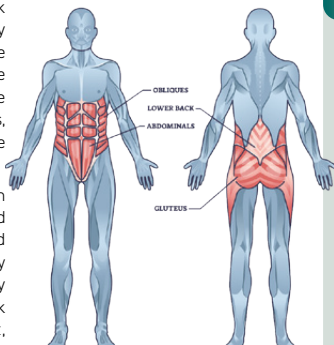
Your core muscles help you do a lot — from sitting to standing to getting up and down from chairs. A strong core allows smooth, coordinated actions, thus impacting almost every activity you do every day. If your core muscles are weak, they may affect your function and possibly your pain levels.

It's important to note that core muscles are not just important for physical fitness but are also essential to the overall quality of life. Our physical therapists understand the importance of core strength and will assess you to determine if it's affecting your daily activities. With our expert guidance, you'll learn how to engage your muscles in how they were designed to move!

Contact us today to set up an appointment or learn more about how our team can help you strengthen your core!

# What Is the “Core”??

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



Significant weakness in the core will often lead to compensations and straining of 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.

The muscles that make up your core are designed to help stabilize your body, support your posture, ensure your balance, and support movements in all directions. If any of these muscles are weak, injured, or used inappropriately, your trunk becomes unstable, making it difficult for your body to function correctly.

The core assists in almost every movement, from bending down to picking up an object to standing up straight. It also plays a significant role in breathing, lifting a heavy object, twisting your body, or even just walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact. A strong core enhances power, speed, coordination, and agility with all sports and recreational pursuits. It also can help reduce the risk of injuries and may help to prevent chronic lower back pain.

A strong core is vital to your overall health, functional movement, and athletic performance. Proper core training helps maintain spine health, ensures optimal performance in your daily life, and can help prevent various injuries.

## Building Core Strength with Expert Guidance

Physical therapy is a great starting point for building your core strength. Our licensed therapists will conduct a detailed evaluation to identify the underlying muscle weaknesses and strategies to strengthen them.

Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement patterns, and strength, pinpointing the exact cause of the pain. From there, we will create an individualized treatment plan for you based on your specific needs to strengthen your core, improve your posture, and alleviate pain.

## STAFF SPOTLIGHT

AMY BOWERS

PTA



Hello! My name is Amy Bowers. Born and raised in Pennsylvania, I started my Physical Therapy journey in 2015 when I attended Central Penn College. I graduated in 2017 with my associate's degree as a Physical Therapist Assistant. I started my clinical journey in the outpatient setting in Pennsylvania for 5 years until recently relocating to Fleetwood, NC in 2021. I am very happy to have found Carolina Prime Physical Therapy here in North Wilkesboro as my new home base to continue my clinical journey. I love the Physical Therapy journey! Being able to help a patient through their diagnosis: guide, educate and progress patients into new goals, gives me great joy!

While not in the office, I enjoy exploring my new North Carolina home: hiking, playing in the New River and finding new mountain towns to explore. You can also find me on the golf course during the warm days enjoying the views and trying to perfect the sport. Also, attending live music events any time of the year is good for my soul!

I hope to be able to meet and help you through your PT journey.

Core stability is about both muscular strength and proper sensory input. This sensory input informs the central nervous system about your body's movements and positions to facilitate specific actions, ensuring your body reacts appropriately. When functioning properly, our body can perform the most basic tasks and advanced athletic activities.

Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program focusing on core-specific exercises and progressing to multi-joint free-weight exercises for comprehensive core muscle training. You can anticipate continuous feedback and guidance for fine-tuning your movements to ensure optimal spinal stabilization through a strong core.

## Book Your Appointment at Carolina Prime Physical Therapy Today!

Our physical therapy team will assess your condition to identify how your core affects your function. We'll educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Our individualized exercise programs can reduce your pain and improve your overall quality of life!

Call us today to set up an appointment!

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Sources: <https://bmcsmusculoskeletaldisord.biomedcentral.com/articles/10.1186/s12891-021-04859-4> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4407754/> [https://journals.lww.com/nsca/jscr/Fulltext/2012/02/00/00/effect\\_of\\_core\\_strength\\_on\\_the\\_measure\\_of\\_power\\_in\\_8.aspx](https://journals.lww.com/nsca/jscr/Fulltext/2012/02/00/00/effect_of_core_strength_on_the_measure_of_power_in_8.aspx) <https://www.mdpi.com/2411-5142/6/2/37https://www.frontiersin.org/articles/10.3389/fphys.2022.915259/full>

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# Tend to the Garden safely!

## 3 Tips to Avoid Injury

Gardening is an enjoyable way to get active, especially in the summer! Nothing beats the smell of blooming flowers, fresh air, and warm sunshine. Here are a few tips to ensure you avoid injury and make the most out of gardening this season.

### 1. WARM UP FIRST

Like any other physical activity, it is crucial to warm up before gardening. Morning gardeners need to make sure to walk around, or at least be up and moving, for about 45 minutes before starting any bending or lifting. Adding in some simple backbends before starting can also help decrease your risk of pain or injury.

### 2. STICK YOUR BUTT OUT!

One of the most common mistakes gardeners make is with their technique. Your back is incredibly strong and resilient when you maintain its natural curves. In the lower back, the curve you need to maintain is called lordosis.

When you stick your butt out, you will naturally increase the curve, a.k.a lordosis, and protect your back from injuries. Whether you are working with a shovel, rake, or spade, it is vital to keep your curves intact. Also, when bending to pull weeds, it is better to kneel or squat so you can maintain the straight spine position and protect your back.

### 3. TAKE BREAKS & SWITCH IT UP

Taking frequent breaks, using your left and right sides equally, and alternating tasks such as digging, lifting, and walking is beneficial for your body.

Are you ready to enjoy gardening this season? Practicing these three tips will help you prevent injury and make the most out of this season.

*And call us if you're experiencing any issues that keep you from what you love doing!*



## Patient Success Story



My experience was excellent with Carolina Prime. During my therapy, saw Elizabeth, Alex and Scott. Always thought seeing 1 therapist was good continuity for healing but each was beneficial and each treatment was always productive.- Martha

## REVIEW US!

Your success story could be the inspiration someone else needs to improve their life by seeking PT!



Scan the QR code to go to our Google review page!

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

Come Back to PT!  
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