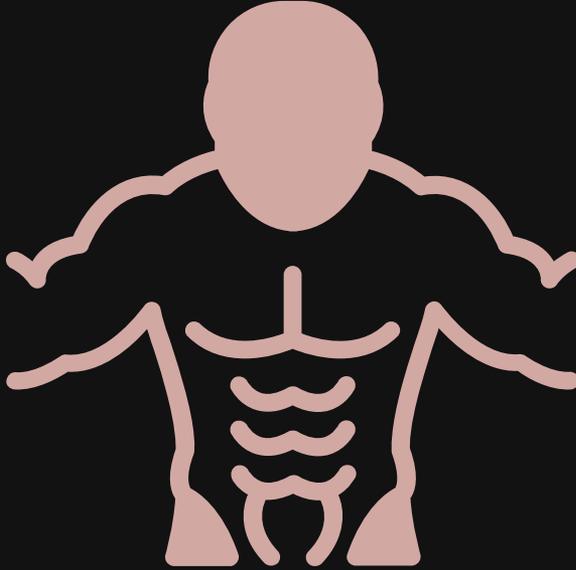


CORE MUSCLES

WHAT ARE THEY AND WHY THEY MATTER!

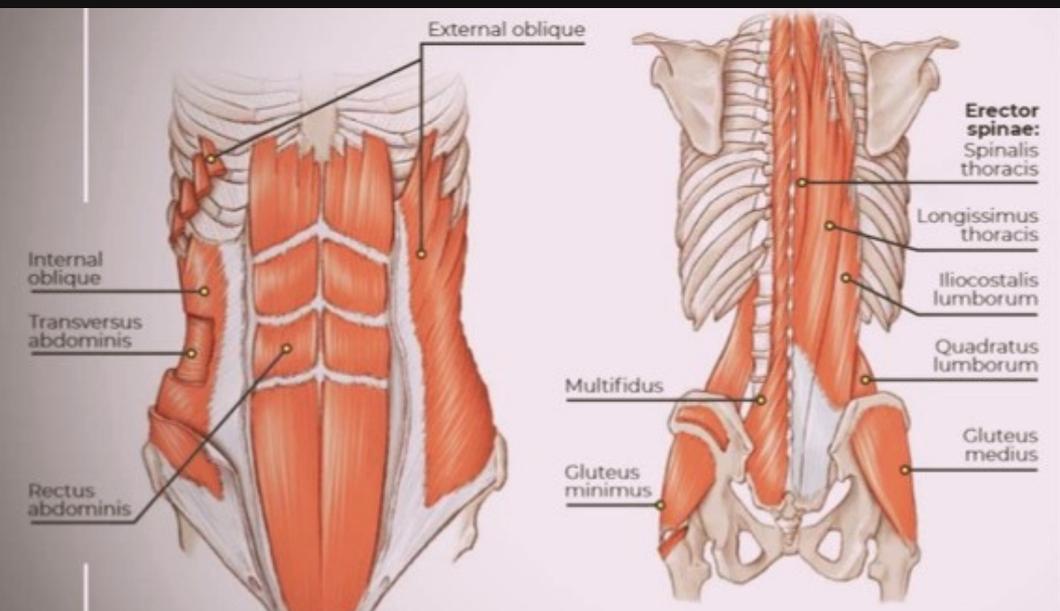


OUR CORE MUSCLES ARE ABOUT SO MUCH MORE
THAN LOOKING GOOD AND HAVING A SIX PACK!
THEY ARE THE FOUNDATION FROM WHICH ALL
MOVEMENT IN LIFE BEGINS!



the BEHAN PROTOCOL
FOR BETTER BACK AND SPINE HEALTH

**YOUR CORE MUSCLES ARE PRIMARILY
LOCATED
BETWEEN YOUR PELVIC FLOOR AND DIAPHRAGM BUT ALSO
INCLUDE MUSCLES THAT CROSS THE SPINE AND PELVIS.
THEY HELP STABILIZE AND STRENGTHEN YOUR SPINE TO
PERFORM ALL MOVEMENT.**



**CORE MUSCLES ARE RESPONSIBLE FOR BREATHING, BALANCE,
POSTURE, BACK HEALTH AND PRETTY MUCH EVERYTHING WE DO
EVERY DAY.**

**WEAK, TIGHT OR UNBALANCED CORE MUSCLES CAN CAUSE ALL
SORTS OF DISCOMFORT AND PERFORMANCE ISSUES EVEN IN DAY
TO DAY ACTIVITIES.**

**WHILE IT'S IMPORTANT TO HAVE A STRONG CORE IT'S ALSO
IMPORTANT NOT TO SPEND ALL YOUR TIME TRYING TO CREATE
RIPPLING ABS. ALL OF THE CORE MUSCLES NEED TO BE
BALANCED, FUNCTIONAL, STABLE AND MOBILE.**

**OVERTRAINING CERTAIN ABS MUSCLES, WHILE AVOIDING WORK
FOR THE BACK MUSCLES AND HIP AND SHOULDER MOBILITY WILL
SET YOU UP FOR INJURY**

TRANSVERSUS ABDOMINUS

-DEEPEST CORE MUSCLE

-CREATES ABDOMINAL TENSION AND IS MAJOR STABILIZER OF THE SPINE AND PELVIS BEFORE WE MOVE OUR LIMBS

-NEEDED TO LIFT ANYTHING ESPECIALLY IF HEAVY

-CONSIDERED MOST IMPORTANT CORE MUSCLE TO PREVENT BACK PAIN

** -OUR BODYS NATURAL GIRDLE OR CORSET; PULLS OUR MID SECTION IN TOWARDS OUR SPINE TO FLATTEN OUR ABDOMINALS

MULTIFIDUS

-STABILIZES THE SPINE ESPECIALLY THE LUMBAR SPINE

-EXTENDS THE SPINE (THINK STANDING FROM BENT OVER) AND ROTATES IT

-WORKS ALONG WITH THE TRASVERSUS ABDOMINUS

-AIDS SPINE IN WORKING MORE EFFECTIVELY AND THEREBY HELPS TO REDUCE DEGENERATION OF SPINAL JOINTS

** -DYSFUNCTION HERE IS A LEADING CAUSE OF BACK PAIN

RECTUS ABDOMINUS

-SURFACE CORE MUSCLE THAT CREATES THE "6 PACK"

-FLEXES US FORWARD (THINK SITTING UP IN BED)

-MOST OVERWORKED CORE MUSCLE

**-AIDS IN BREATHING AND IF OVERWORKED CAN LEAD TO POOR BREATHING, NECK PAIN AND BAD POSTURE

ERECTOR SPINAE

-A GROUP OF MUSCLES THAT RUN BESIDE YOUR SPINE

-EXTENDS THE SPINE AND FLEXES IT TO THE SIDE

-AIDS IN MAINTAINING POSTURE AND THE NATURAL CURVATURE OF THE SPINE

INTERNAL OBLIQUES

-WORKS WITH THE DIAPHRAGM TO AID IN BREATHING ALLOWING LUNGS TO FILL AND CREATE AN EXHALATION

-WORKS WITH EXTERNAL OBLIQUES TO HELP WITH ROTATION AND SIDE BENDING

EXTERNAL OBLIQUES

-TILTS THE PELVIS AND IS CONSIDERED A LOWER ABDOMINAL DUE TO THIS FUNCTION

-LARGEST ABDOMINAL MUSCLE

-CAN STABILIZE SPINE, BEND IT FORWARD AND AID IN ROTATION

-AIDS IN EXHALING BREATH

** -ACTIVATES DURING GAIT TO STABILIZE PELVIS; IF WEAK CAN LEAD TO INJURY WHILE WALKING AROUND IN DAILY LIFE

PSOAS

-FLEXES THE TRUNK WHILE FEET ARE ANCHORED (WHICH IS WHY YOU SHOULD NEVER DO CRUNCHES WITH SOMEONE OR SOMETHING HOLDING YOUR ANKLES....YOU'D BE WORKING THE WRONG MUSCLE)

** - FREQUENT OVER USE AND MISUSE PULLS THE LUMBAR SPINE INTO POOR AND WEAK POSTURE BY CREATING A TIGHT PSOAS, TILTING THE LOWER BACK AND MAKING IT IMPOSSIBLE TO WORK THE LOWER ABDOMINALS

GLUTEAL....MAJOR, MEDIUS & MINIMUS

-ARE THE LARGEST AND MOST POWERFUL MUSCLES IN THE BODY

-MAJOR CAUSE OF BACK PAIN IF WEAK AND UNDER USED ESPECIALLY FROM TOO MUCH SITTING

-UNDERUSE HERE CAN CAUSE OVERUSE OF BACK MUSCLES AS A COMPENSATION PATTERN TO OVERCOME GLUTE WEAKNESS NEGATIVELY EFFECTING OTHER JOINTS

-UNDER DEVELOPMENT HERE CAN BE A MAJOR CONTRIBUTOR TO KNEE AND BALANCE ISSUES

QUADRATUS LUMBORUM

-ASSISTS IN FLEXION AND EXTENSION

-FREQUENTLY INJURED WHEN BENDING TOO FAR FORWARD UNDER LOAD

-IS THE LOWER BACK MUSCLE WE MAY FEEL IS TIGHT WHEN COMING FROM SEATED TO STANDING

**-IS AGGRAVATED BY SITTING TOO MUCH

PELVIC FLOOR

-IS A SLING OR HAMMOCK THAT RUNS BETWEEN OUR PUBIC BONE IN THE FRONT AND TAIL BONE IN THE BACK

-IMPORTANT FOR PROVIDING SUPPORT TO THE PELVIC ORGANS, MAINTAINING CONTINENCE AND SUPPORTING SEXUAL SYSTEMS

-CONTRIBUTES TO CORE STABILITY ESPECIALLY DURING UPRIGHT MOVEMENT LIKE WALKING

-IS ALWAYS FUNCTIONING WITHOUT AWARENESS, CONTROL OR THOUGHT

**-UNCONSCIOUSLY CONTROLLED BY OUR NERVOUS SYSTEM; EFFECTED BY STRESS AND IMPROVED WITH BREATH CONTROL

-"KEGELS" ARE NOT NECESSARILY THE WAY TO IMPROVE PELVIC FLOOR STRENGTH