What Everyone Needs…
A Core

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Objectives

- Participants will learn the relationships of a strong core and preventing injuries.
- Participants will identify how core strength not only helps in sport, but other aspects of life.
- Participants will identify population that will need modifications to core training
- Participants will recognize that every child/adolescent needs a strong core and how do we implement it in the school system.

What? Why? Core

Who? How?
Diaphragm

Abdominals

Paraspinals & gluteals

Pelvic Floor & Hip Girdle

Local Core Muscles

Transversus abdominis

Multifidus

Transversospinalis

Internal oblique

Pelvic Floor

Global Core Muscles

Erector Spinae

External Oblique

Rectus Abdominus

Quadratus Lumborum

Other Noteworthy Contributors

Gluteals

Hip abductors

Hip external rotators

Diaphragm
Are you **STABLE**?

**Neural Structures**
- Proprioceptive
- Visual
- Vestibular

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What?  |  Why?
---|---
Core  |  Who?  |  How?

the weakest link

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What's under the hood?

Who needs core strength?

Injury prevention

- ACL tears
- Patellofemoral pain syndrome
- Iliotibial band syndrome
- Scoliosis
- Low back pain
What about non-athletes?

Can you breath and move at the same time?
Sports Conditioning and Core Stability Training

• Pre-season/In-season
  – Increasing core strength and power

• Post-season
  – Increasing core endurance and improving proprioception and reaction times

An ACTIVE
Healthy People 2020

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Testing core strength

Now Take it and Run with it!
References


