

Core Strengthening

Why do I need to worry about it?

When you have been in a car accident, had a fall, or injured yourself, you may have badly strained or harmed muscles or soft tissue. When this happens, you start doing movements while compensating for the injured area. This is especially true when you have injured the back or neck.

Even though healing is completed in 3 weeks, normally, you still are left with your compensatory movements. If you have attended physiotherapy, you might have been told or shown how to do movements in the normal pattern and slowly lose your compensation patterns.

What do I do when I cannot exercise and have pain?

This is a very common problem with people who suffer from chronic pain problems. The longer they have pain the more the areas that have been injured become weakened. Over time you use more and more compensatory movements. When you attempt exercise, you end up in more pain. This is due to the weakness of the muscles that support the spine.

What can I do about it?

You will need to discuss your specific needs with someone trained to work with chronic pain problems. They will be able to ask you questions and assess where the problems are so you can start slowly and get the weakened muscles strengthened. You might end up doing hydrotherapy, yoga, tai chi, or another form of exercise which is done at least effort.

How do I get started?

If you would like to get assessed and start a gentle method of getting your core strengthened, call Janice Webber Physiotherapy Services at 240-7634. You will get to find out what is the best method for you.