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LOW BACK HELPED WITH ABDOMINAL TRAINING

A recent study in *Physical Therapy* showed regular abdominal exercises will not only help you look and feel better, but will also protect your abdominal muscles, low back and spine against injury.

Eight men with no prior incidence of low back injury or pain participated in the study.

They performed four different abdominal curl-up exercises – one involving a stable surface and three using variable movable surfaces.

Results showed abdominal activity are increased in exercises that involve movable surfaces because of the need to enhance stability of the spine and body and to reduce the risk of falling or injury. The increased use of abdominal activity aids in protecting the body from injury.

For more information on the various types of abdominal activities and exercises, consult your Chiropractor.

SOURCE: "Abdominal Muscle Response During Curl-ups on Both Stable and Labile Surfaces," Physical Therapy, June 2000, Vol. 80, No. 6, pp. 564-569; www.chirofind.com.