



PÉCSI TUDOMÁNYEGYETEM
ÁLTALÁNOS ORVOSTUDOMÁNYI KAR

Core stabilisation and balance exercises

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Core muscles (stabilising, deep muscles)

- The core muscles include several muscle groups : from the lumbar spine, through the hip area, to the back (from hip to shoulder girdle), which are responsible for correct posture and stabilising your trunk .
- The core muscles include the external and internal oblique abdominal muscles, the oblique abdominis, the erector spinae , the gluteus maximus , the rectus abdominis and the broad dorsalis muscle .



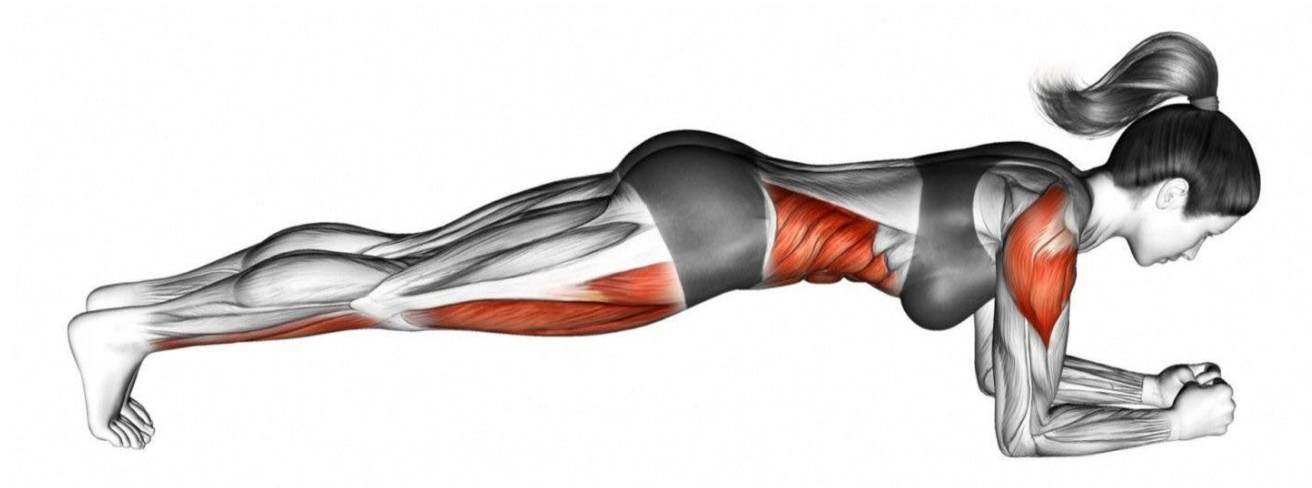
Helpful tools , devices :

- Soft ball
- Fitness ball
- Various balance tools
- Sliding cushion
- Ferris wheel



Core muscle strengthening exercises :

1.Plank



Core muscle strengthening exercises :

2. Side plank with hip lift



Core muscle strengthening exercises :

3. Plank with shoulder tap



Core muscle strengthening exercises :

4. Soil touch



Core muscle strengthening exercises :

5. Bird dog - opposite arm - leg raise in kneeling support



Core muscle strengthening exercises :

6. Dead bug



Core muscle strengthening exercises :

7. Russian twist



Core muscle strengthening exercises :

8. Wheel of wood



The balance :

- Static balance
- Dynamic balance
- Static and dynamic tests

Proprioception (Proprioceptive training)



Balance exercises

- Bridging
- Squatting
- One leg squats, exits
- Advanced exercises using balancing disc and balancing board





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**Thank you for your
attention !**