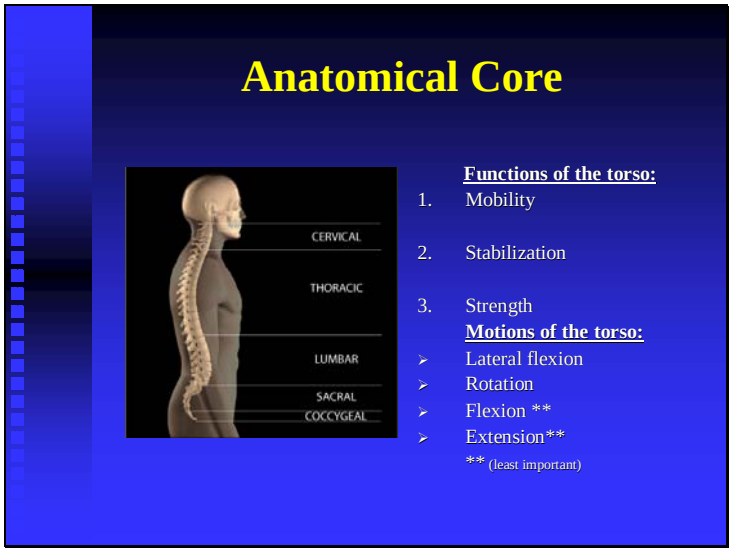
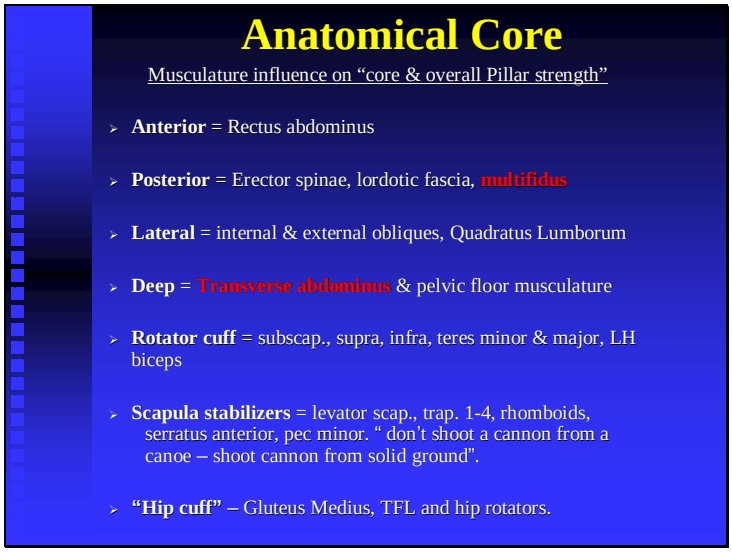
Slide 2


Anatomical Core
CERVICAL
THORACIC
LUMBAR
SACRAL
COCCYGEAL
Functions of the torso:
1. Mobility
2. Stabilization
3. Strength
Motions of the torso:
Lateral flexion
Rotation
Flexion **
Extension**
** (least important)

Slide 3


Anatomical Core
Musculature influence on "core & overall Pillar strength"
Anterior = Rectus abdominus
Posterior = Erector spinae, lordotic fascia, multifidus
Lateral = internal & external obliques, Quadratus Lumborum
Deep = Transverse abdominus & pelvic floor musculature
Rotator cuff = subscap., supra, infra, teres minor & major, LH biceps
Scapula stabilizers = levator scap., trap. 1-4, rhomboids, serratus anterior, pec minor. " don't shoot a cannon from a canoe – shoot cannon from solid ground".
"Hip cuff" – Gluteus Medius, TFL and hip rotators.