Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Core Stability Class

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Core Stability Class

Patient Information

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What is your core?

The core is made up of a group of deep muscles that work together to stabilise the spine and maintain your posture.

The transverse abdominis (stomach), lumbar multifidus (lower back) and gluteal (buttock) muscles are the main muscles that work together to achieve core stability, strength, and functional movements.

The exercises involved in the class focus on strengthening these muscles alongside improving general health and well-being.

It is important to recognise that the normal movement of the spine includes bending forwards, backwards, to the side and rotating; If not moved regularly the spinal area can become stiff and painful.

What does the class involve?

All our exercise classes are specifically designed to combat aches and pains and are carried out by experienced physiotherapists with specific training within these fields.

The Core Stability Class is a 45-minute exercise class that uses both mat and standing based exercises. The main aim of the class is to improve your core muscle strength, ease lower back pain and increase functional stability of the spinal area.

Benefits of the core class include increased muscle strength, increased flexibility, protection from injury and improved athletic performance.

All exercises can be modified to suit your level of fitness, which your class instructor will be able to support you with adapting an exercise to suit your needs.

Do I need any equipment?

Patients are advised to wear loose fitting clothing and socks. Footwear is usually removed to participate in the class.

Patients are welcome to bring a drink and their own exercise mat, but these will be provided if needed.

A small towel may be useful to support your head.

Risks

Before starting any exercise programme, it's advisable to seek advice from your GP or a health professional if you have any health concerns, such as a health condition or an injury.

These can be discussed before your first class with the Physiotherapist who runs the class, they will talk with you about any risks and/or modifications required.



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