

CORE VALUES

Patients who have undergone physical therapy for the treatment of low back pain are probably familiar with the concept of strengthening the “core,” the muscles of the abdomen, lower back and pelvis, which are located generally between the rib cage and the hips. Core conditioning is based on research that shows that, before people move an arm or leg, those with healthy backs automatically contract their core muscles, especially the transverse abdominal muscles, which wrap from the sides of the lower back around to the front. Thus, it was concluded that well-coordinated core-muscle use stabilizes the spine and helps create a firm foundation of support for virtually all movement. Core strength is essential for averting back pain and other problems.

All powerful movements originate from the center of the body out, and never from the limbs alone. Before any powerful, rapid muscle contractions can occur in the limbs, the spine must be solid and stable and the more stable the core, the more powerful the extremities can contract. If you or a family member needs physical therapy, please call ISR Physical Therapy. We emphasize manual physical therapy, treatment for back and neck pain, massage therapy, fitness evaluations, vestibular rehabilitation, TMJ dysfunction, ergonomic consulting, and much more.

To be safe and effective, core muscle strengthening exercises require proper alignment and progression from one type of exercise to another, adjusted to body and fitness level.



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Services:

- Orthopedic Physical Therapy
- Post-surgical Rehab
- Sports Injuries
- Vestibular Rehab
- Anodyne Therapy
- TMJ dysfunction
- Work Conditioning
- FCEs
- Pre-employment Assessments
- Impairment Ratings
- Ergonomic Assessments



"No Excuses, Just Results!"

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