

Core strengthening

What it is

Your core is the group of muscles around your belly, back and hips. A stronger core may help support your spine. Simple exercises can be done at home.

Check with your provider before starting, especially if you have a heart or lung condition, recent surgery, osteoporosis, or are pregnant.

Slow, controlled moves



It may help with

- Low Back Pain
- Back Pain
- Degenerative Disc Disease
- SI Joint Dysfunction

Self-care tips

- Move slowly and keep breathing; do not hold your breath.
- Quality matters more than repetitions. Stop the set when your form slips.
- Skip sit-ups and crunches if they bother your back.
- Aim for 2 to 3 sessions a week and build up gradually.

How to start

Pelvic tilt: Hold 5 seconds, 10 times

Bridge: Hold 3–5 seconds, 8–12 times

Dead bug (beginner): 5–8 each side, slowly

Bird dog: Hold 5 seconds, 6–10 each side

When to call us

- Sharp pain that is worse during or after the activity and does not settle in a day or two
- New weakness, numbness or tingling in a leg or arm
- Fever, weight loss you cannot explain, or pain after a fall

Call 911 for chest pain, shortness of breath, fainting, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/holistic-care/core-strengthening/



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This handout is general information and is not a substitute for medical advice.