The importance of stabilising the spine is heightened in athletes, with a weak core leading to less efficient movement and potential injury. Evidence indicates that spinal stability training could prevent injury, enhance performance and accelerate post injury rehabilitation.

Surface Electromyography was used to evaluate average muscle activity. Data was analysed using a paired t test (alpha ≤ 0.05). The protocol was repeated in sitting and standing. Local ethical approval was obtained from the School of Healthcare Studies ethics committee, Cardiff University.

The results indicate that post intervention there was a statistically significant increase in the activity of all eight target muscles in standing and a highly significant increase of the deep spinal stabilisers in both sitting and standing postures.

These results are interpreted as indicating that this technique results in a preferential recruitment of the deep spinal stabilisers in both sitting and standing. Clinically this technique has potential to be useful in retraining individuals to isolate the deep stabilisers prior to progressing on to independent exercises and ultimately more challenging sporting activities.

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Acknowledgements
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