



## Neuro Muscular Control

# CONTROL BREAK - LET'S SEE HOW GOOD YOU ARE

### The body needs to function from a stable base.

This can either be achieved via stabilisation using the core muscles, or incorrectly fixating the joints using other muscles. When using fixation as a stabilising method, muscles become rigid and less movement is possible. This then leads to a higher incidence of injuries. When using the core to stabilise, normal movement patterns are possible, resulting in a higher output and better performance.

In order for this to happen the brain (neuro) must be aware of where these muscles are and how to control them.

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The South African  
Society of Physiotherapy

# EXERCISES

The idea behind these exercises is to isolate the movement of the pelvis from lumbar movements. Try not to move the upper body in order to increase range of motion. Talk to yourself and imagine the movements that you want to do – this helps with the learning process.

Exercise	Starting position	Action	Alternatives
<b>Anterior/ Posterior tilt</b>	Sit on a chair with your feet supported, hands under your bum. You must feel your “sitting bones”.	Roll your pelvis forward and backward, so that the bones move over your hands. Think about sticking your tail out and tucking it beneath you.	<ul style="list-style-type: none"><li>• Lift pelvis to the side, alternate between left and right.</li><li>• Combine all 4 positions (forward, backward and sides) to make a circular movement.</li><li>• Do the above sitting on a ball or in standing.</li></ul>
<b>Bum squeezes</b>	Sit on a chair with feet supported.	Contract your buttocks on a verbal command, starting with alternate left/right/together.	<ul style="list-style-type: none"><li>• Change the rhythm and sequence</li><li>• Ask someone else to give the instructions</li></ul>
<b>Bum walks</b>	Sit on the floor with knees slightly bent.	Walk forwards and backwards on your bum.	