Forever Strong
Strength, Mobility, & Balance for Women of all Ages
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Overview
• Core & Pelvic Muscles: Role in Function
• Significance for Women and Girls
• Functional Strength Training
• Strategies & Techniques

Pelvis & Core Musculature
What are the muscles of the pelvis & core?
What is their role in function?

Pelvis & Core: Function
• Aligns Pelvis, Spine, Ribs (Posture)
• Energy Transfer Between Upper & Lower Body

Pelvic Floor
• Supports the Bladder & Uterus³
• Supports Lower Abdominal Function³
  – Urination
  – Bowel Movements
  – Pregnancy

Pelvis & Core Musculature
Muscles of pelvic floor
Transversus abdominis
Diaphragm
Multifidus
Pelvis & Core Musculature
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How are women across the lifespan affected by training the pelvis and core musculature?

**Young Female Athletes**
- ACL Risk 4-8x Greater in Young Female Athletes\(^1,2\)
- Meyer, et al. 2005\(^1\) & 2007\(^2\)
  - 6 weeks of training
  - Significant decreases (28%) in knee valgus in young female athletes

**Pregnant Women**
- Easier Labor & Delivery\(^4\)
  - ↓ Episiotomy
  - ↓ Incontinence
- Accelerated Post-Partum Weight Loss\(^4\)

**Older Women**
- Kim et al. 2011\(^5\)
  - Older Women
  - Improved continence w/ core & pelvic training
- Reduced Fall Risk
- Independent Lifestyle

**3-D Training for Pelvis & Core**
- Stretching/Strengthening the Core and Pelvic Floor in 3 Planes of Motion
- Increased ROM & Muscular Strength
- Improved Neuromuscular Activation

Q: How can we ensure that we are effectively strengthening our pelvis and core musculature?

A: By activating those muscles in 3 planes of motion!
Traditional Training

- Kegel Exercises
  - Conscious or Voluntary
  - Concentric (muscles shorten)
- How we Actually Move
  - Subconscious or Involuntary
  - Dynamic (Eccentric & Concentric)
    - Muscles lengthen then shorten

3-D Exercises for the Pelvis & Core

- Squat Matrix
- Squat Reach Matrix
- Lunge w/ 3-D Arm Drivers
- Shoulder Press
  - Shoulder Matrix
  - w/ 30 Foot Tweaks
- Kneeling Lunge Matrix
- Leg Kick Matrix

http://youtu.be/UZTAnW88GyM

References


Additional Sources


Thank You!

Questions?

Take a Flyer!

www.RehabUnited.com