



Basic Core Muscle Recruitment Training: Transversus Abdominis

(a) What is Transversus Abdominis?

Transversus abdominis is an abdominal muscle which braces the spine. If it is not working properly, chronic lower back problems may result.

Figure 1



Lying on your back, knees drawn up as in Figure 1 above.

Figure 2



Attempt to draw the navel up towards the breast bone (*sternum*), and hold the contraction for 5 seconds. Compare the relaxed abdomen in Figure 2 above, with the Transversus Abdominis contracted in Figure 3 overleaf.

Figure 3



You can see the movement of the navel by comparing Figure 3 above, with Figure 2 on the previous page. Remember; hold the contraction for 5 seconds.

Figure 4



See Figure 4 above. The contraction of the *transversus abdominis* can be checked by feeling the tension about 2 cm (1 inch) inside and 2 cm (1 inch) below the *anterior superior iliac spine* (the ASIS, the bony point of the hip at the front and side of the body). Ask your practitioner where this is located.

(b) When Do I Do This Exercise?

This exercise is to be performed daily; 5 repeats of the contraction, and 5 seconds rest between each.