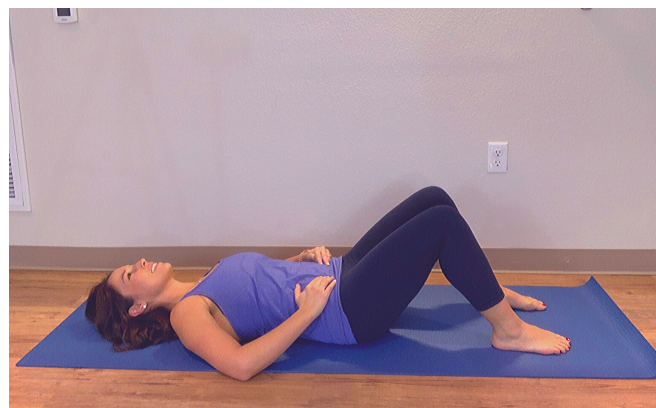
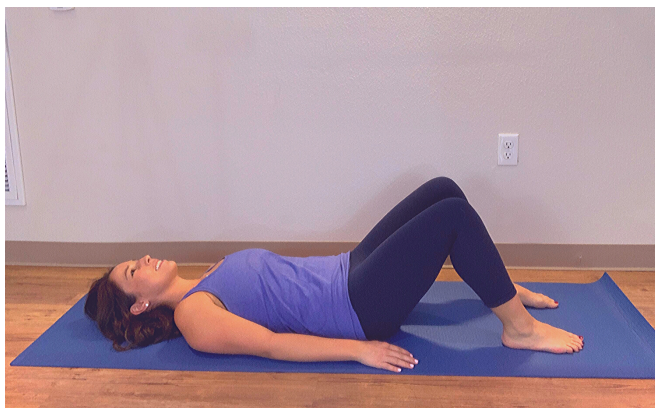




TRANSVERSUS ABDOMINIS (TA) TRAINING



The Most Important Exercise for Your Body

Program built by Dr. Jennifer Prewitt, PT, DPT, OCS

- 1. Find Your "Position of Strength".** I call this the "Position of Strength" because just lying like this is subtly strengthening (upper left). On your bed or the floor, lie on your back with feet and knees shoulder width apart, knees bent 90 deg.
- 2. Find Your Transversus Abdominis.** Place "Flight Attendant Fingers" just on the INSIDE of your anterior pelvic bones. Practice blowing out (as if you were blowing out 100 birthday candles). Your Transversus Abdominis (TA) should pop out into your fingers.
- 3. Train TA Activation with NORMAL BREATHING.** Activate your TA muscle by pulling your belly button down toward your spine. Hold that muscle on. It just needs to be on to be supportive. DO NOT activate as hard as you can because it will limit your breathing. Practice breathing normally for 10 seconds.
- 4. Recommendation.** Practice 10 second holds. Start with 3 repetitions. Practice 3-5x per day.
Extra Credit! Start trying to practice this with your daily activities. Remember the exercise is about TA activation WITH BREATHING!

Why is this Important?

- Decreases stress and compression at the spine
- Stabilization with normal breathing decreases risk of disc injury
- Stabilization with normal breathing decreases risk of inguinal/ abdominal herniation Improves control of pelvic floor (bladder control)
- Decreases low back pain
- Provides a stable base for the body to create strength and power.