



# TA BENT KNEE FALLOUTS: CORE STABILIZATION



## Progress Deep Core Strength with Fallouts!

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- 1. Lie on your back with your knees bent 90 deg. I prefer to have my feet and knees touching for this exercise, but you can do what is comfortable. Place "Flight Attendant Fingers" just on the inside of your hip bones. This is the ONLY place we can feel a TA contraction with our fingers.** NOTE: This exercise can be performed on your bed or the floor.
  - 2. Pull your belly button in toward your spine (to activate your core). Breathe normally. Slowly lower one leg out to the side by rotating at the hip (maximum of 45 deg from the vertical).**
  - 3. Slowly return the leg to center.** NOTE: Ideal pace is 3 second lower and 3 second lift.
  - 4. Repeat on the other side.** Alternating is preferable to performing one side at a time as it mimics the alternating stabilization that occurs with walking and everyday activities.
  - 5. Recommendation.** Start with 5 each side. Progress to 3 sets of 5. Ideally 3-5x per day.
- NOTE: It is VERY IMPORTANT that you feel like you can engage the TA, breathe, AND perform the march. If adding the march, results in you stopping normal breathing or letting your abdominals go, we are not ready and should stick with TA breathing for now.**

### Why is this Important?

#### Core Stabilization with TA Bent Knee Fallouts May Do the Following:

1. Improve lumbopelvic support to decrease low back pain
2. Improve Sacroiliac Joint (SIJ) stability that decreases buttock pain
3. Increase strength to help with functional activities, such as getting out of a chair, getting in and out of bed, walking, and going upstairs
4. Improves control of rotatory movements, which is frequently how we injure our low back.
5. Improve body mechanics (how you move) with bending & lifting that decreases risk of back injury
6. Improve core stability that makes it easier for you to lift
7. Improve control of pelvic floor (bowel and bladder control)