



TA MARCHING: CORE STABILIZATION



Progress Deep Core Strength with Marches!

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

- 1. Lie on your back with your knees bent 90 deg. Feet and knees should be about shoulder width apart. 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 lift one leg in the air, keeping the knee bent 90 degrees, stopping when the thigh is vertical.**
 - 3. Slowly lower that leg back down.** NOTE: Ideal pace is 3 second lift and 3 second lower.
 - 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 Marching 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. Improve body mechanics (how you move) with bending & lifting that decreases risk of back injury
5. Improve core stability that makes it easier for you to lift
6. Improve control of pelvic floor (bowel and bladder control)