

Dynamic Spinal Stability for Pain Free Cycling

TRAINAWAYPAIN



The body functions as a single unit rather than in segments during any complex movement such as those encountered in sports training and athletic performance. Pavel Kolar



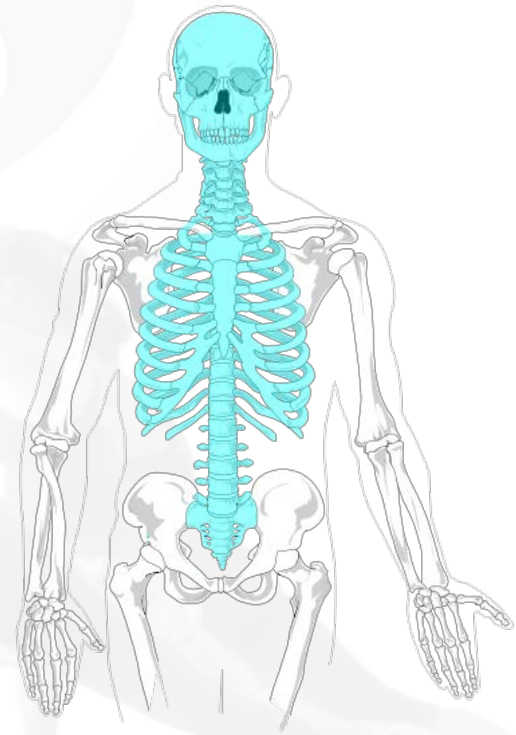
Pain is Avoidable

- Repetitive stresses are the most common cause of injuries in all sports.
- And training errors are the most common cause of those injuries.



Finding and Redefining Our Core

- Structurally our core is actually defined as our entire axial skeleton.



It's the Foundation First

- If you have even one muscle that is dysfunctional, (weak, tight, impaired with a trigger point) then the entire core stabilization system is compromised.
- Lack of core control leads to increased stress throughout the lower extremity.



Building the Foundation

- 3 parts of dynamic spinal stabilization
- Neurological
- Structural
- Functional



Wake It Up

- The linking of our breath to movements and increasing intra-abdominal pressure increases core stability and improves posture.



Form and Function

- The ability to maintain control of our spine segmentally and integrate that stiffness into force production externally spares the neuromuscular system from pain.



Putting It All Together

- True core strength is defined by the ability of the spine to **RESIST** static and dynamic forces.



System Integration

- Posterior Oblique System (Lat, Thoracolumbar fascia, glute max, TFL, ITB, ankle.)
- Anterior Oblique System (Ext oblq, Int oblq, Contra adductor)



anterior oblique sling
longitudinal sling



posterior oblique sling



posterior



Big 3

- Curl Up
- Side Plank
- Bird Dog



Breath Into It

- Bent knee breathing
- Bent knee breathing with block
- Supine opp arm and opp leg breathing



TAP Into It

- Complex multi-planar movement patterns activation post slings.
- Reverse lunge and lat bend
- Walking lunge and 1 leg RDL
- Walking lunge with lat bend, rotation, and 1 leg RDL



Band It Together

- Theraband I, Y, T
- Lunge protocol



It's All Core Now

- Riding a bike
- Sitting in traffic
- Bracing for ADL's



Put It Back Together

- Foam rolling
- AIS stretching
- Melt work



No Days Off

- Do something to put your body back together every day.



Find Your Team

- Be evaluated for your needs and evaluated often.



Expand Your World

- Vary your training and your intensity
- Listen to your body



Find Your Voice

- When something doesn't feel right move right.
- Speak up for yourself.
- Move in a way that you **KNOW** works for you.

