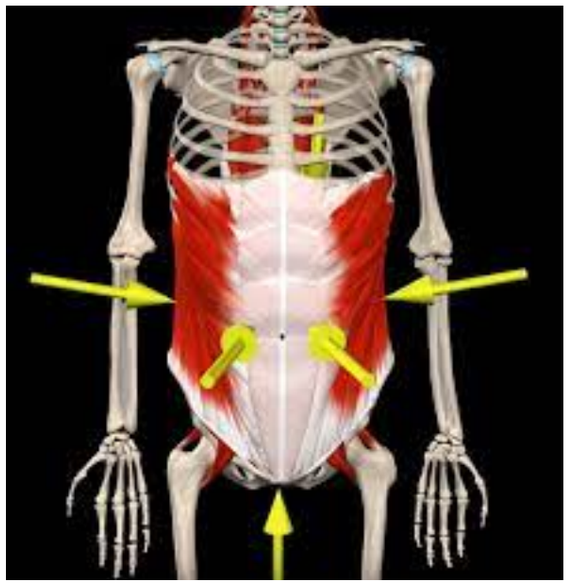
Bracing is an important back care tip.

See our Joint Care Program
and Lower Back Care Program

Abdominal Bracing:
It is one of the Keys to Training/Sport and Back Care

Bracing should be done throughout the day to tune and build a stronger base of support to your core. It can be as simple as tightening your abdomen for a 5 seconds and then repeating several times. It should be employed when lifting or doing certain activities of daily living and sports.



Simply put, abdominal bracing, happens when you contract the muscles around your spine to create a rigid midsection. When you brace there should be no movement to your spine. Your spine becomes locked and protected. Bracing protects your spine from moving in a position that can cause pain or injury. It also allows delivery of force and power from your legs to your upper body and vice versa. This is especially important when doing a sport, lifting, or manual labor. A consistent training point I make is to keep your back in neutral and to brace your abdomen when doing most exercises especially when lifting.Perform sub-maximal bracing when lifting something light. Perform maximal bracing when you are lifting something heavy or doing explosive movements. When squatting out of the chair the brace can be low, sustained at 5%, lifting moderate weights 20-50%, and when doing a maximal lifts or sport it can be pulsed up 70 to 100%.

See more here