Lumbopelvic Deconditioning

TERMINOLOGY

- Core Deconditioning
- Low back deconditioning
- Low back weakness

INTRODUCTION

The phrases lumbopelvic deconditioning and core deconditioning are somewhat synonymous. The terms lumbopelvic and core refer to the same bodily region, the lower torso, low back (lumbar spine) and pelvic regions of the body. The term deconditioning refers to a loss of physical capabilities due to disuse and weakening of tissues. It is most often applied to muscle and is characterized by diminished muscular strength, muscular endurance and muscular coordination. When it involves the lumbar and pelvic regions it is associated with abnormal postures and adherent movement between segments of the spine vertebrae and joints. Tissue such as muscle remodels and adapts in response to the stresses placed upon them.

The core region of the body is essentially the center of bodily movement and therefore strongly influences the spine, extremities and waling (gait). Core muscles refer to those muscles which provide stability and movement of the lower torso, low back and pelvis. Core muscle groups are responsible for maintaining stabilility of the spine and pelvis while standing and during movement. The "core" is of the most influential parts of the musculoskeletal system. Conditioned or â€œtrainedâ€? core muscles provide stability, a term that refers to the capacity of the body to maintain and/or return to a state of equilibrium. Core stability is required to prevent injury to the spine, especially the low back.

PREVALENCE

Most Americans will experience a significant episode of low back pain during their lifetime. Many of them are predisposed because of lumbopelvic â€œcoreâ€? muscle deconditioning. Most individualâ€™s who are overweight and/or sedentary have some degree of lumbopelvic deconditioning.