

#2 – The Side Plank



The side plank fires all of the muscles of the core, but in particular it activates the Quadratus Lumborum (on the side closest to the ground). The QL is a low back stabilizer, and is very commonly found to be weak in patients. This exercise emphasizes the endurance of the QL, which is generally the main goal in strengthening low back and core stabilizers.

1. Begin lying on your side, resting with your forearm perpendicular to your body and your hip resting on the ground. Your elbow should be under your shoulder, with the opposite hand resting on the opposite hip.
2. Engage the core, using the abdominal bracing as previously described. Press the elbow into the floor, lifting the hips off the ground until the body forms a straight line from head to toe. This straight line should be consistent when viewed from the front of the patient (coronal view) as well as from the side (sagittal view).
3. Hold this position for 12 seconds. rest, then repeat for 10 seconds. Rest, then repeat for 8 seconds. Repeat on the opposite side.

This exercise can also be used as an endurance test, allowing the patient to hold the exercise as long as they can on each side and comparing bilaterally. Timed measurement should be equal on both sides.

- Remember to keep your hips forward, stacking the hips one on top of the other.

- If you are unable to perform with legs straight, you can begin with your knees bent. Support the position on your knees and lower legs rather than the ankles.



Maristow Chiropractic Clinic

8 Maristow Street, Westbury, Wiltshire, BA13 3DN. 01373 865533

www.maristowchiropractic.com