

Please use this space to write notes or reminders.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust, Royal Albert Edward Infirmary
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Ask 3 Questions



Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?

How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, braille, and other languages upon request.
For more information please ask in the department/ward.

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Core Stability Class

MSK Therapy Department

Patient Information

The Patient Information Leaflets page on the Trust website is available on the link:
[https:// www.wvl.nhs.uk/patient-information-leaflets](https://www.wvl.nhs.uk/patient-information-leaflets)
or scan the QR code.



EMPLOYER RECOGNITION SCHEME

GOLD AWARD 2021
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Author ID: CL
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Version: 2
Leaflet title: Core Stability Class
Last review: January 2023
Expiry Date: January 2025

What is your core?

The core is made up of a group of deep muscles that work together to stabilise the spine and maintain your posture.

The transverse abdominis (stomach), lumbar multifidus (lower back) and gluteal (buttock) muscles are the main muscles that work together to achieve core stability, strength, and functional movements.

The exercises involved in the class focus on strengthening these muscles alongside improving general health and well-being.

It is important to recognise that the normal movement of the spine includes bending forwards, backwards, to the side and rotating; If not moved regularly the spinal area can become stiff and painful.

What does the class involve?

All our exercise classes are specifically designed to combat aches and pains and are carried out by experienced physiotherapists with specific training within these fields.

The Core Stability Class is a 45 minute exercise class that uses both mat and standing based exercises. The main aim of the class is to improve your core muscle strength, ease lower back pain and increase functional stability of the spinal area.

Benefits of the core class include increased muscle strength, increased flexibility, protection from injury and improved athletic performance.

All exercises can be modified to suit your level of fitness which your class instructor will be able to support you with adapting an exercise to suit your needs.

Do I need any equipment?

Patients are advised to wear loose fitting clothing and socks. Footwear is usually removed to participate in the class.

Patients are welcome to bring a drink and their own exercise mat, but these will be provided if needed.

A small towel may be useful to support your head.

Risks

Before starting any exercise programme, it's advisable to seek advice from your GP or a health professional if you have any health concerns, such as a health condition or an injury.

These can be discussed before your first class with the Physiotherapist who runs the class, they will talk with you about any risks and/or modifications required.