



PERFORMING ARTS

SPECIAL INTEREST GROUP



ORTHOPAEDIC SECTION
AMERICAN PHYSICAL THERAPY ASSOCIATION



American Physical Therapy Association
The Science of Healing. The Art of Caring.

ASSESSING AND TRAINING CORE CONTROL – CITATION SUMMARY

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Core trunk control is considered a critical element in the prevention and rehabilitation of low back pain as well as many other injuries. Certainly, many performing artist-related injuries are associated with impaired core control or stability. Despite the prominence of core control in our discussions of the risk for, and the rehabilitation and prevention of injuries, there is no common language for defining or measuring core control/stability. Furthermore, there are many different philosophies pertaining to re-establishing core control with limited evidence beyond expert opinion to help us discern the most effective intervention strategies. The following articles have been collected with those difficulties in mind. While none of these articles are seminal, they lay critical groundwork needed to begin building the evidence to support or refute many intuitive practices of performing arts physical therapists. I hope you find them as interesting as I did.

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