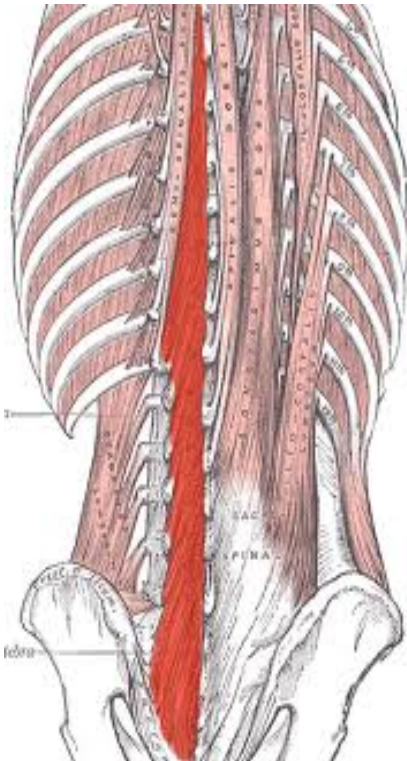


What are the “multifidus and why are they so important to take care of!”

The multifidus is a group of muscles that are deep and are located from the sacrum (bone at the base of the spine often referred to as the ‘tail bone’) to the neck. These muscles play an important role in maintaining posture and alignment, of the spine, during activity. Along with other muscles, the multifidus is part of the core muscles. The multifidus work with the diaphragm, deep abdominal muscles, pelvic floor, and hip muscles to stabilize the spine during body movement. In Triathlete Science, the multifidus is defined as part of the core, and contracts in unison with the transverse abdominis before movement occurs in the limbs. This implies that movement of our limbs starts in the core. Therefore, a weak multifidus can create abnormal limb movement patterns resulting in injury.



The multifidus muscles become weak with long hours of a seated posture or from injury resulting from repetitive motion or heavy lifting. Weakness of these muscles will lead to early spinal and disc degeneration and can lead to disc herniation, which can result in low back and leg pain. Treatment of low back pain, frequently include activities that target the multifidus muscles such as, Pilate’s, Yoga, floor exercises, Physical Therapy, and Bosu ball exercises.

Triathletes that are aiming to improve performance and reduce injury should focus on strengthening the multifidus muscle. This important muscle provides needed stability, for the lumbar spine, when swimming, biking, and running. Weakness in this muscle can result in early fatigue, of the core, decrease performance with racing, and chronic low back pain. To improve overall race performance, train and treat the multifidus. Treatments can

consist of chiropractic care, physical therapy, acupuncture, and massage and the methods of Active Release Technique www. and Graston Technique www.

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