

# Core stability exercise

Core stabilization [exercise](#) training performed on land or in water both could be beneficial in LDH patients and there is no difference between the environments. Implications for Rehabilitation An 8-week core stabilization program performed in water or on land decrease pain level and improve functional status in LDH patients. Both programs seem beneficial to increase health-related quality of life and static endurance of trunk muscles. Core stability exercises could be performed in water as well, no differences were found between methods due to environment <sup>1)</sup>

<sup>1)</sup>

Bayraktar D, Guclu-Gunduz A, Lambeck J, Yazici G, Aykol S, Demirci H. A comparison of water-based and land-based core stability exercises in patients with lumbar disc herniation: a pilot study. Disabil Rehabil. 2016 Jun;38(12):1163-71. doi: 10.3109/09638288.2015.1075608. Epub 2015 Sep 2. PubMed PMID: 26328542.

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Last update: **2024/06/07 02:53**

