



BALANCE CONTROL AND CORE STABILITY

Balance is the ability to keep the body's centre of gravity over its supporting base.

Balance control and core stability, two words that are commonplace in exercise and sport. What do these two words really mean and how does a Vew-Do balance board promote better balance control and enhance core stability?

From gymnastics to football, rugby to martial arts, athletes are constantly experiencing changes in direction and must have a good sense of body awareness and proprioception (positioning sense) to avoid falling down at the slightest contact or change in direction. This concept is called balance control and it is fundamental to all sports. There are marked advantages gained by athletes who make efforts to improve balance control.

The area of the Brain that's responsible for balance is called the Cerebellum. Training with a Vew-Do board stimulates the cerebellum to send messages between the brain and active joints and muscles promoting improved coordination and better balance control. Regular use of the Vew-Do board (approximately 10-15 minutes per day) promotes better joint mobility, improves posture and provokes better overall body awareness.

Physiotherapists, personal trainers and even yoga instructors always talk about stabilising and strengthening your core. They are referring to the deep muscles that underlie the abdominal muscles. They are not to be confused with the visible stomach muscles or the "six pack." The core muscles are not visible but act like a belt around the trunk and are responsible for stabilising and supporting the spinal cord.

Better balance control and enhanced core stability are achieved by the coordinated effort that is required by the trunk hips and legs to keep the Vew-do board in a central position and parallel to the ground (finding centre.) The deep muscles in your core have to work to stabilise the board as it is used, this strengthens them and in turn ensures that the spinal cord and the pelvis are protected from injury and provide a solid supporting base for the upper body.

In addition to this the quadriceps muscles, (thigh muscles) hamstrings and the gluteus (muscles in your bottom) are strengthened and toned. This improves coordination and overall balance control reducing the chance of injury as, the better your balance the more control you have over your body. Athletes that understand the concept of balance control and core stability training will always be a step ahead of their competition.
