



# Dynamic Splinting

## CORE STABILITY SHORTS

Chronic Back Pain? Poor activity tolerance?  
Tried everything to reduce pain levels?  
Core Stability Shorts are an effective way to improve 'core' function.



Core Stability Shorts were designed to enhance both core stability and motor performance of the body's core. This includes the trunk, pelvis, hips, abdominal muscles and small muscles along the spinal column.

Core stability is the interaction of strength and coordination of these muscles during activity. It is a vital component of nearly every physical activity. It enables the body to adapt posture and muscle function to provide essential spinal stabilisation, which in turn provides a firm base to support the raft of movement possible from the very basic to the very powerful.

The design can be customised to meet client's specific needs. They are wearer friendly and can be an integral part of rehabilitation and gym programmes and importantly can be worn comfortably all day.

Patients feedback has been very positive with many reducing pain medication and increasing activity levels through their day.