



**NSCA**  
**COACHES**  
**CONFERENCE 2022**

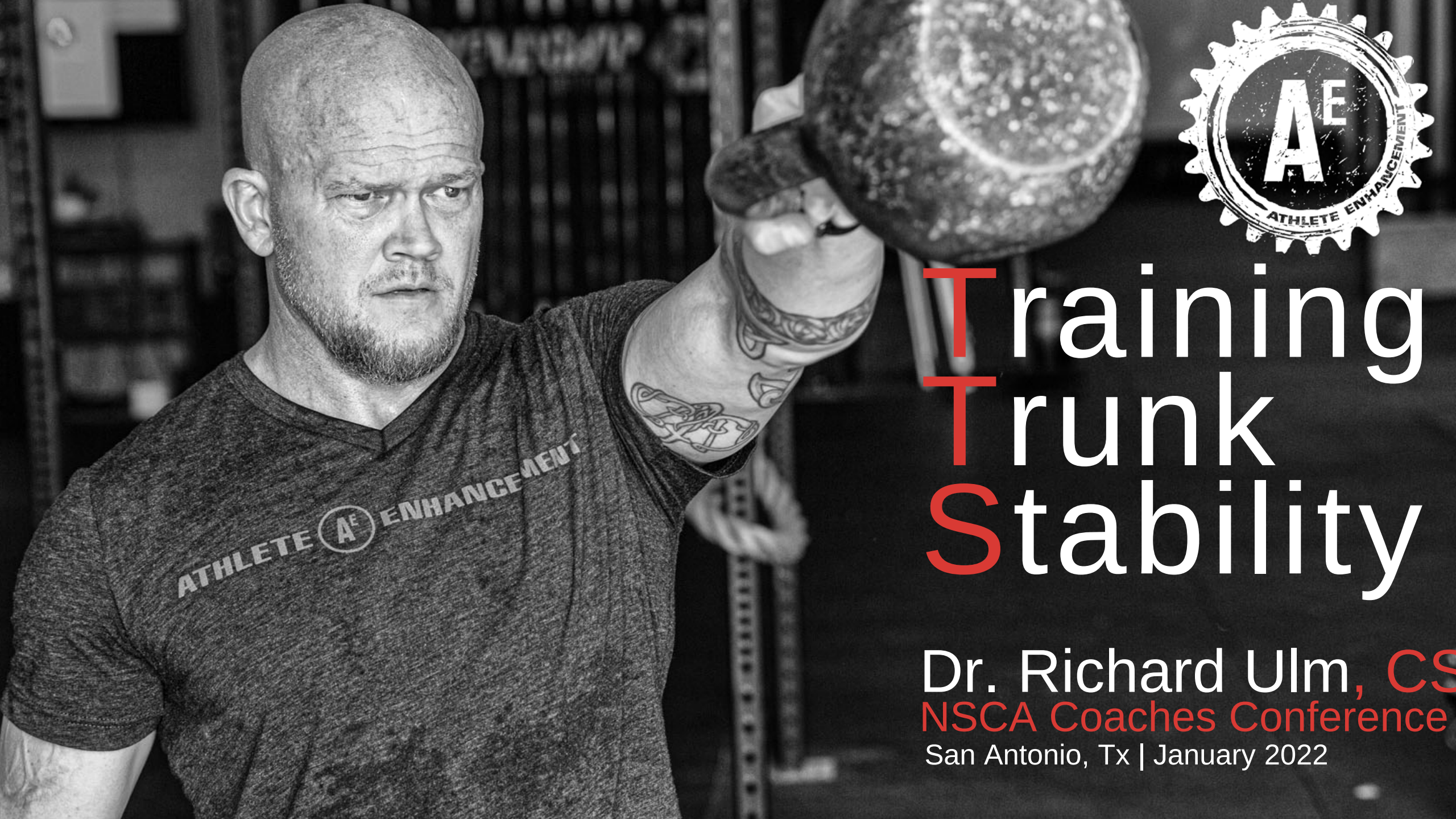
**JANUARY 6 – 8, 2022**

San Antonio, TX & Online | 2.0 CEUs

#NSCAsCoaches22

# ***CONFLICT OF INTEREST STATEMENT***

I have no actual or potential conflict of interest in relation to this presentation.



# Training Trunk Stability

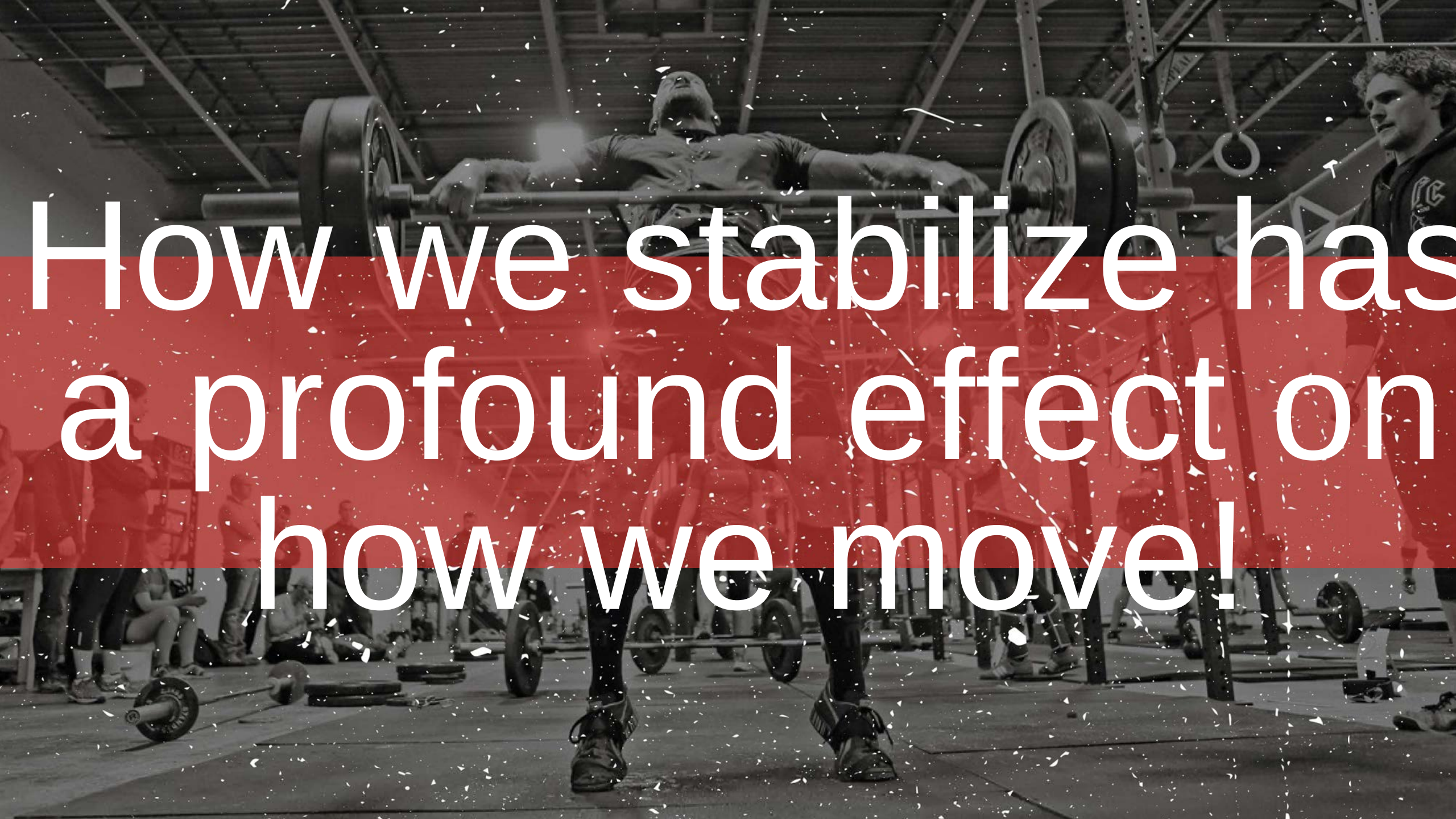
Dr. Richard Ulm, **CS**  
**NSCA Coaches Conference**  
San Antonio, Tx | January 2022

Instructor for Athlete  
Enhancement -  
*education platform  
for coaches and  
therapists working  
with athletes.*

- 10 years in the medical field as a rehab specialist (DC, Cert-MDT).
- Former collegiate strength and conditioning specialist.
- National level track athlete. *(Qualified for the 2004 and 2008 Olympic trials)*



TRUNK  
STABILITY SO  
IMPORTANT?

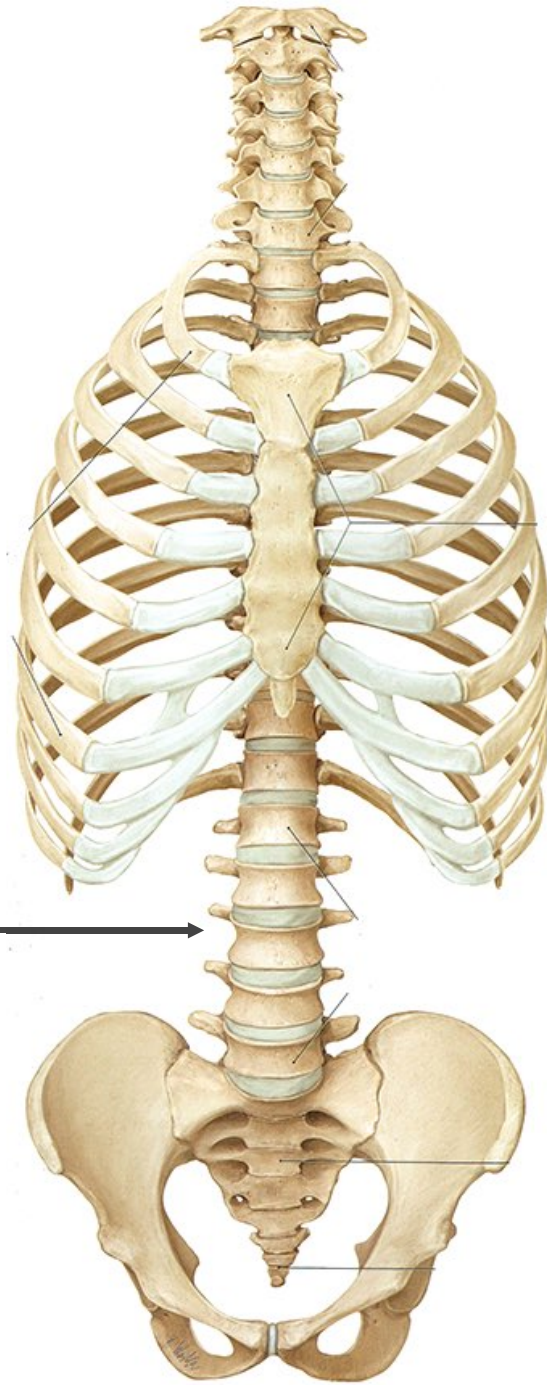
A black and white photograph of a person performing a bench press in a gym. The person is lying on a bench, pushing a barbell upwards. A red horizontal band is overlaid across the middle of the image, containing white text. The background shows other gym equipment and people, and there are white confetti-like particles scattered throughout the scene.

How we stabilize has  
a profound effect on  
how we move!

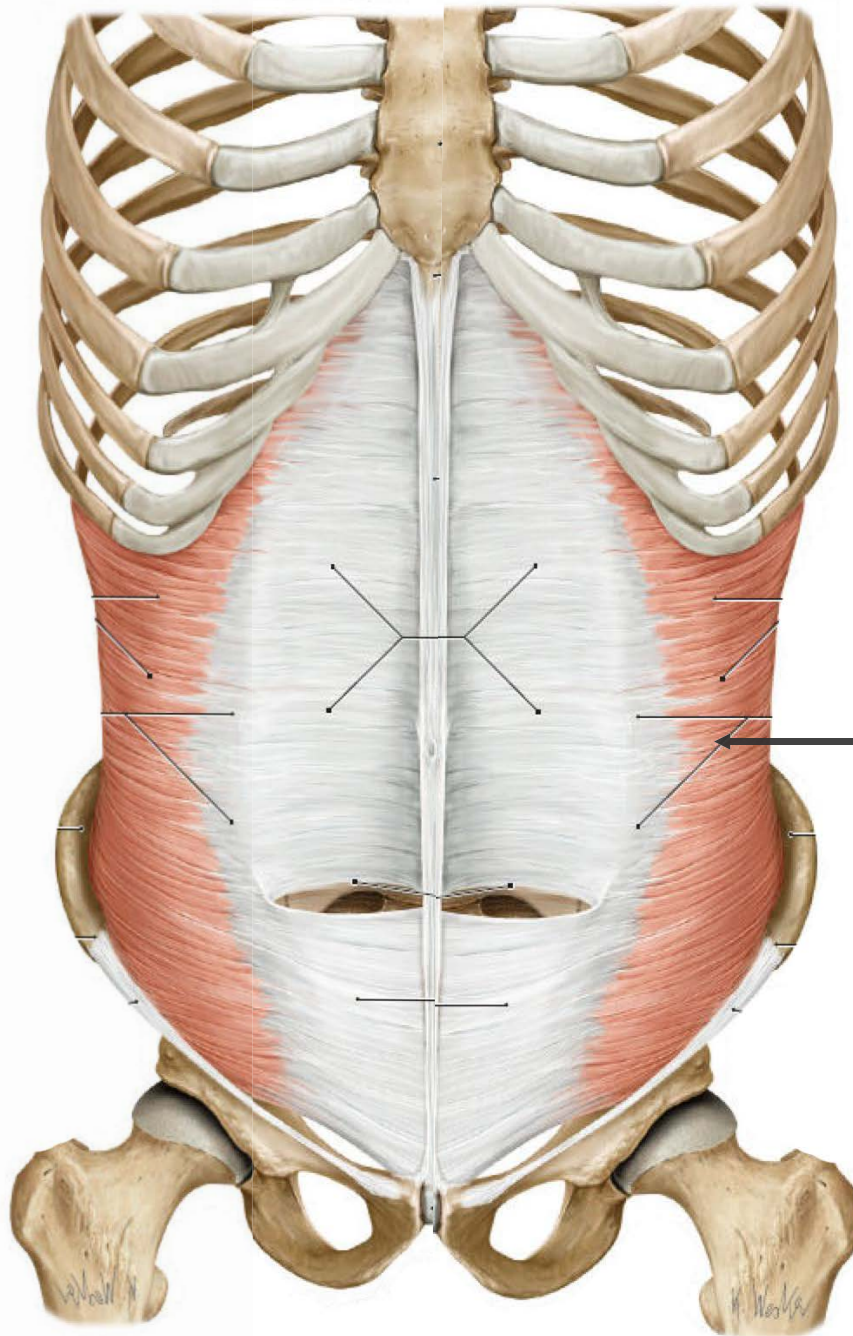
atomy of Stabilization

# ANATOMY OF STABILIZATION

AXIAL SKELETON

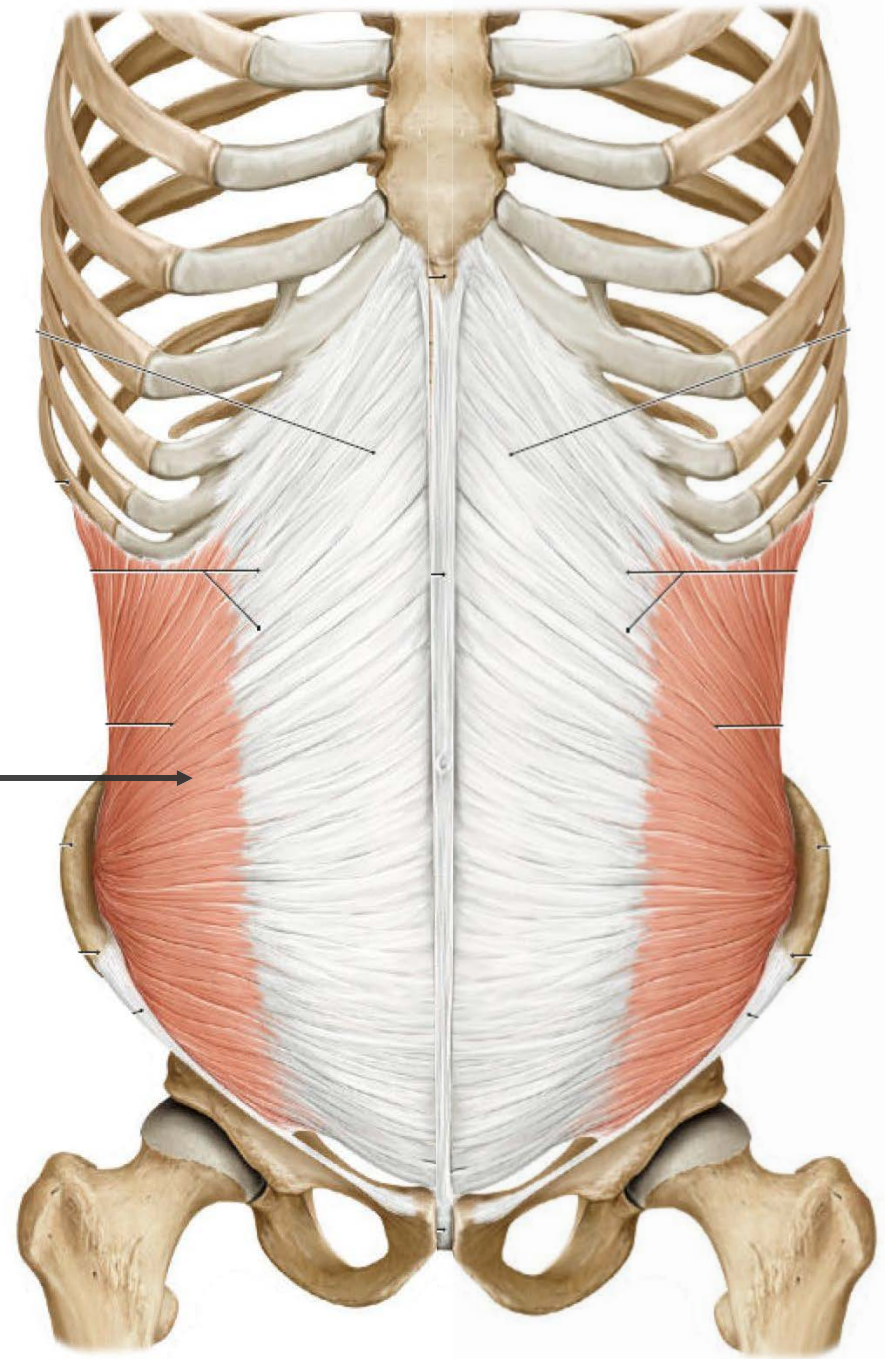


# ANATOMY OF STABILIZATION

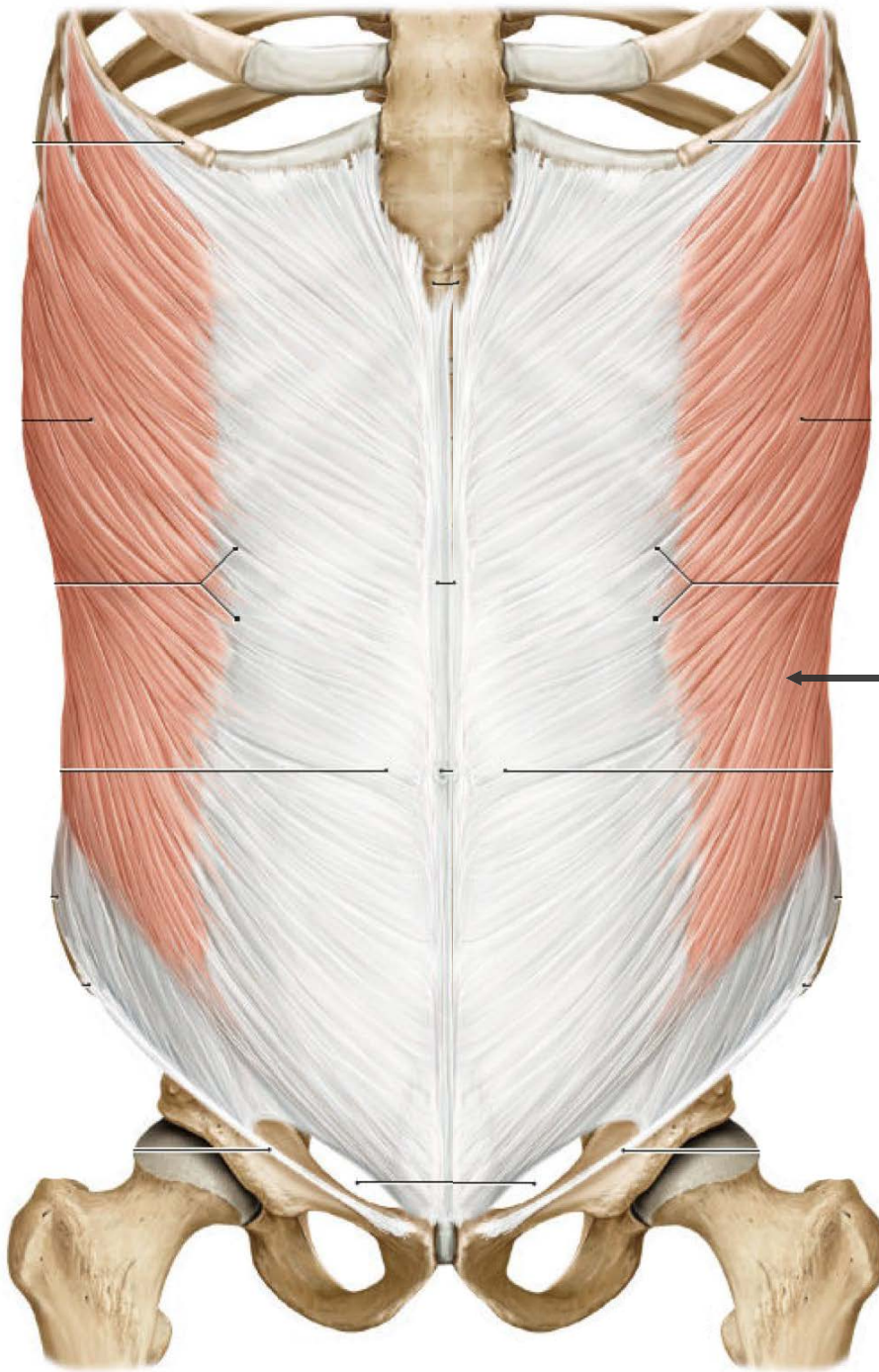


TRANSVERSE ABDOMINIS

INTERNAL OBLIQUE



# ANATOMY OF STABILIZATION

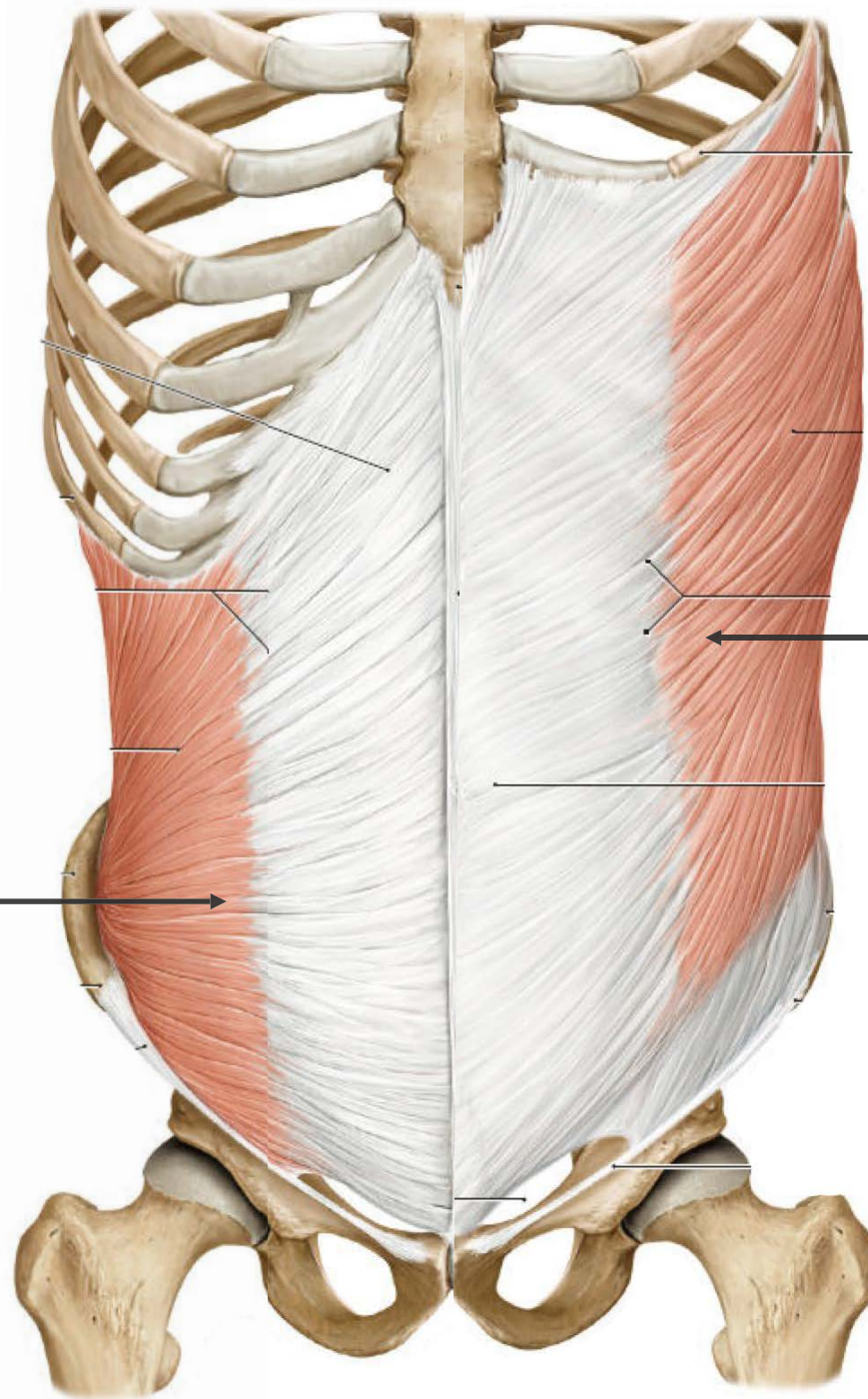


EXTERNAL OBLIQUE



# ANATOMY OF STABILIZATION

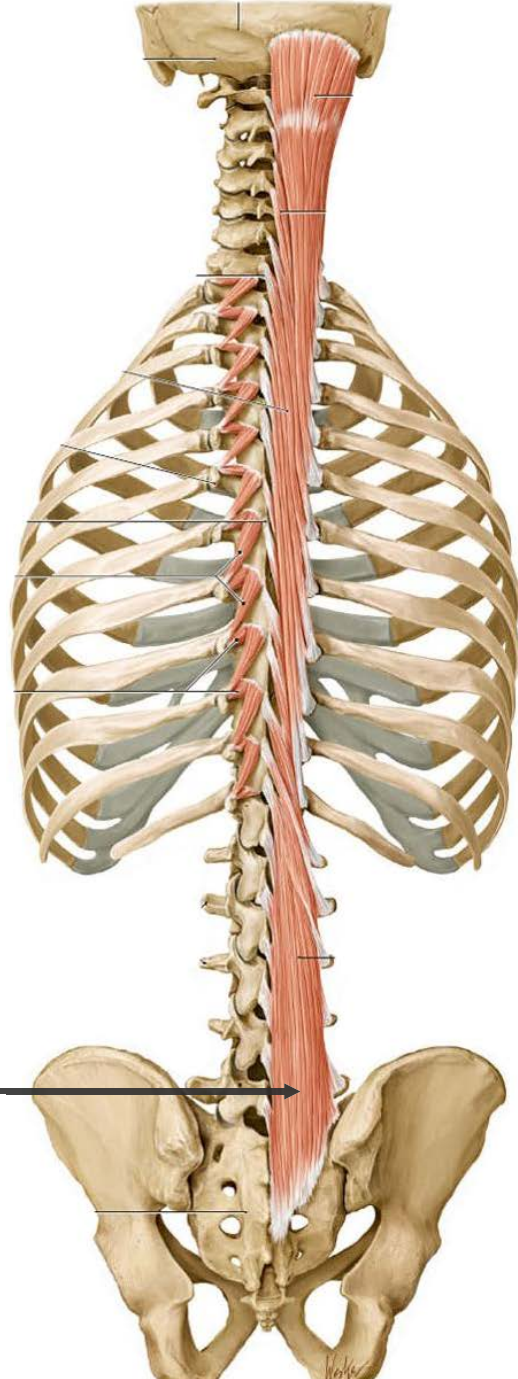
INTERNAL OBLIQUE



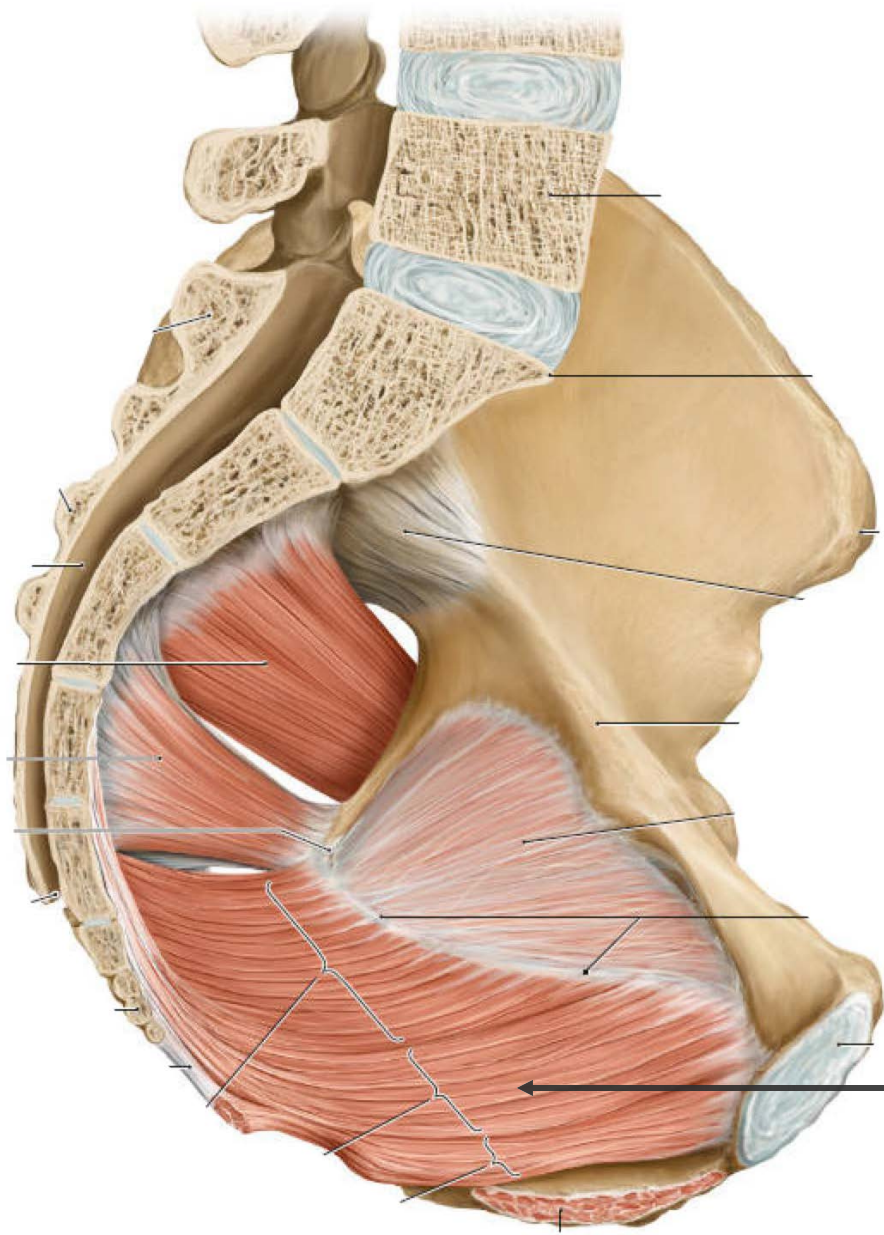
EXTERNAL OBLIQUE

# ANATOMY OF STABILIZATION

MULTIFIDUS LUMBORUM

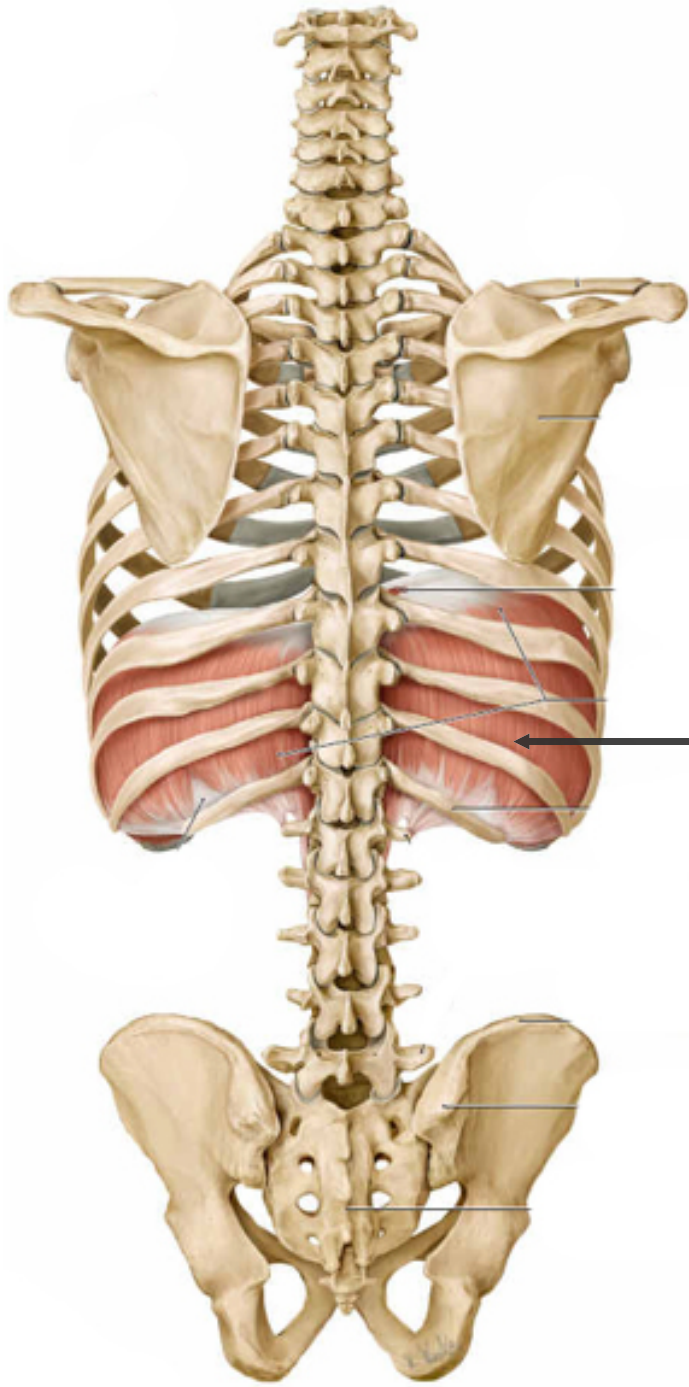


# ANATOMY OF STABILIZATION

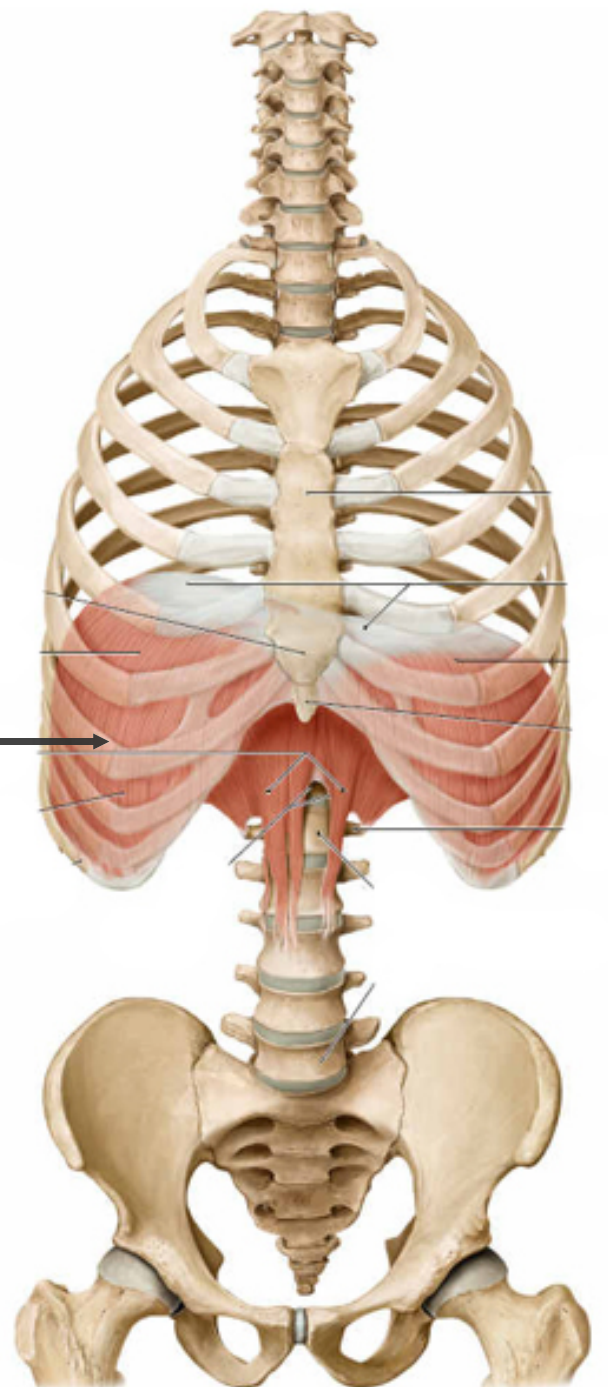


PELVIC FLOOR

# ANATOMY OF STABILIZATION



DIAPHRAGM



# ANATOMY OF STABILIZATION

