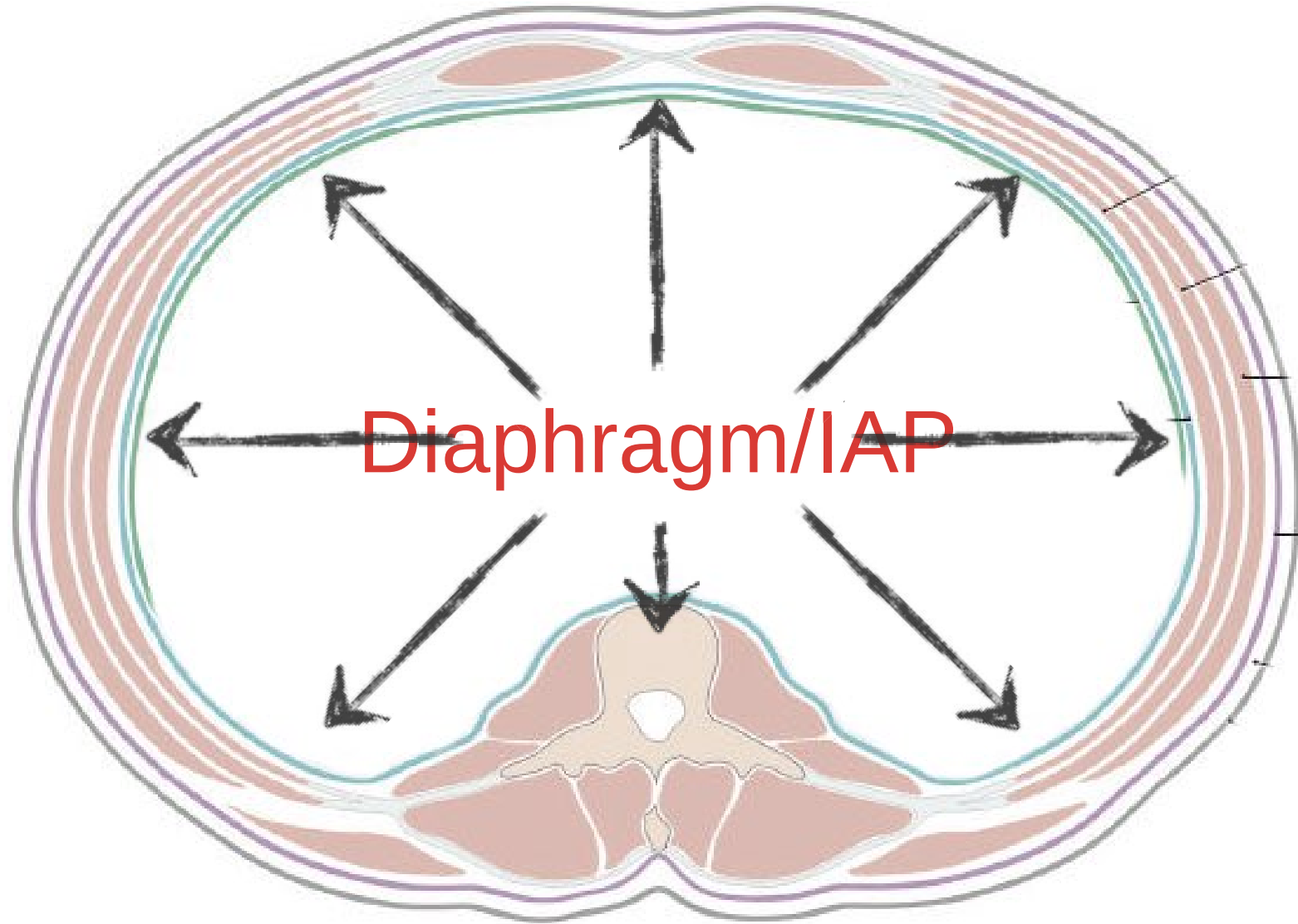


First:

IAP synchronizes the
torso musculature's
co-activation,



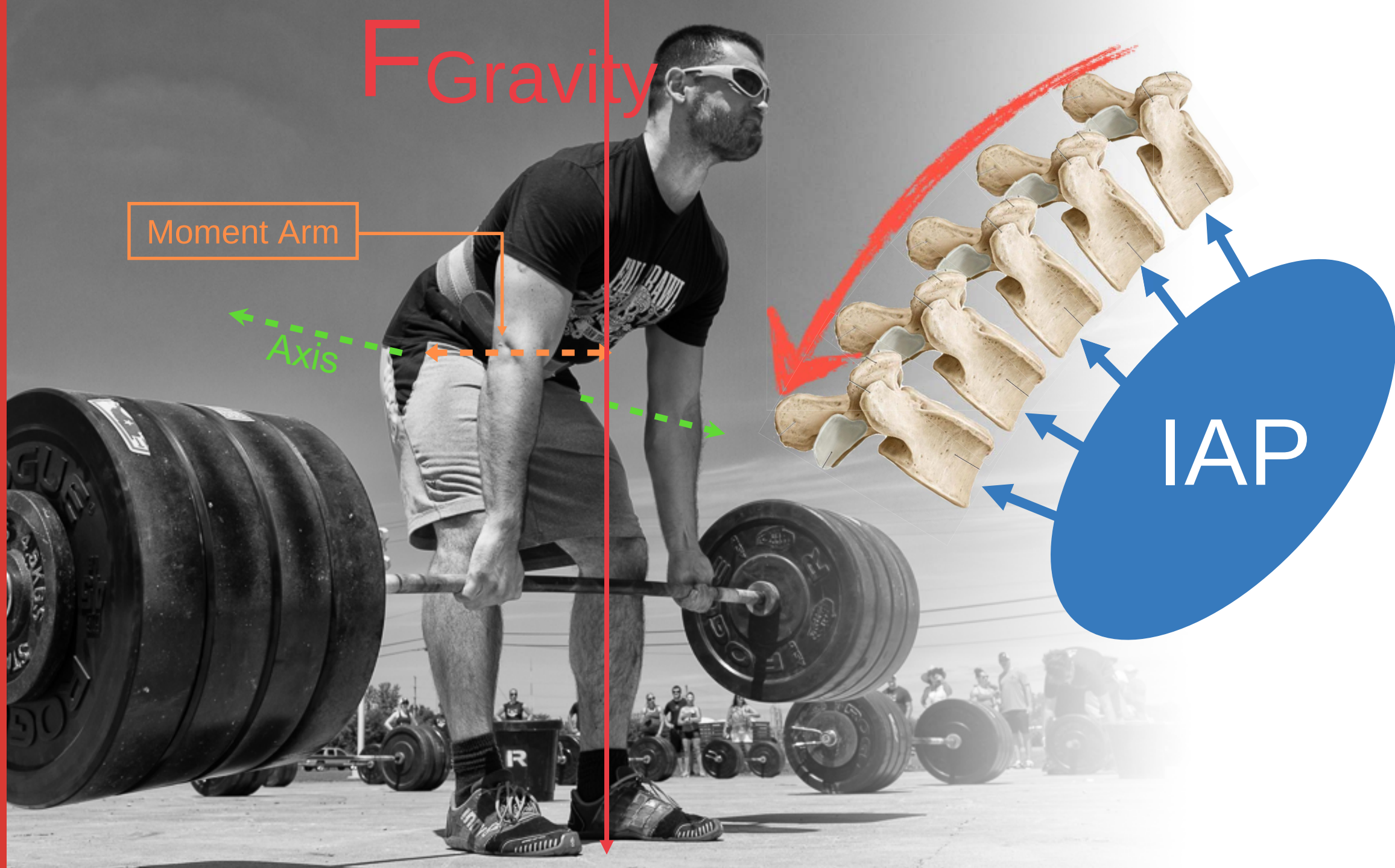


Second:

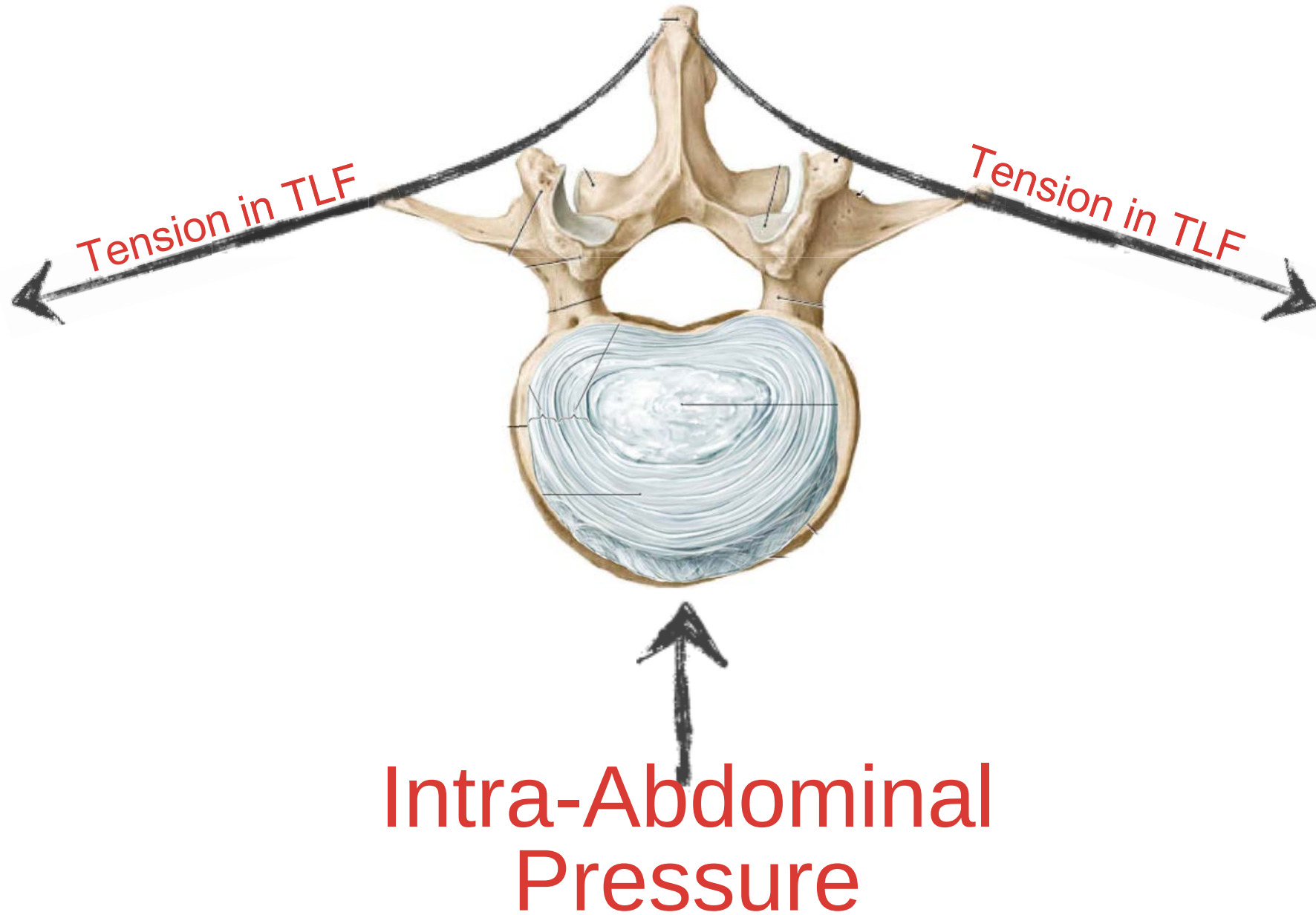
IAP is the only force
capable of **directly**
stabilizing the



IMPORTANCE OF IAP



IMPORTANCE OF IAP

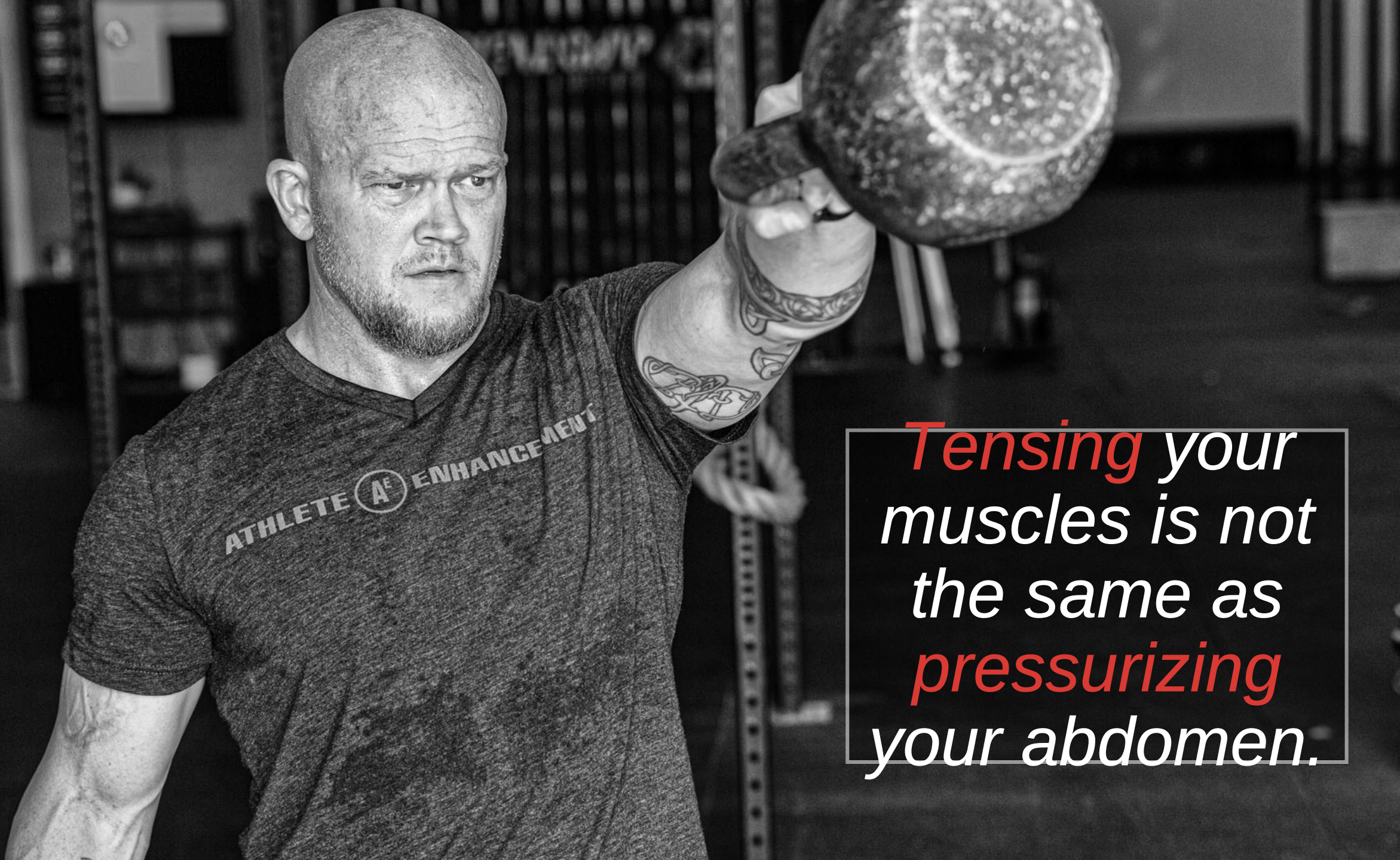


IMPORTANCE OF IAP



IAP is an outward pushing force within the

IMPORTANCE OF IAP

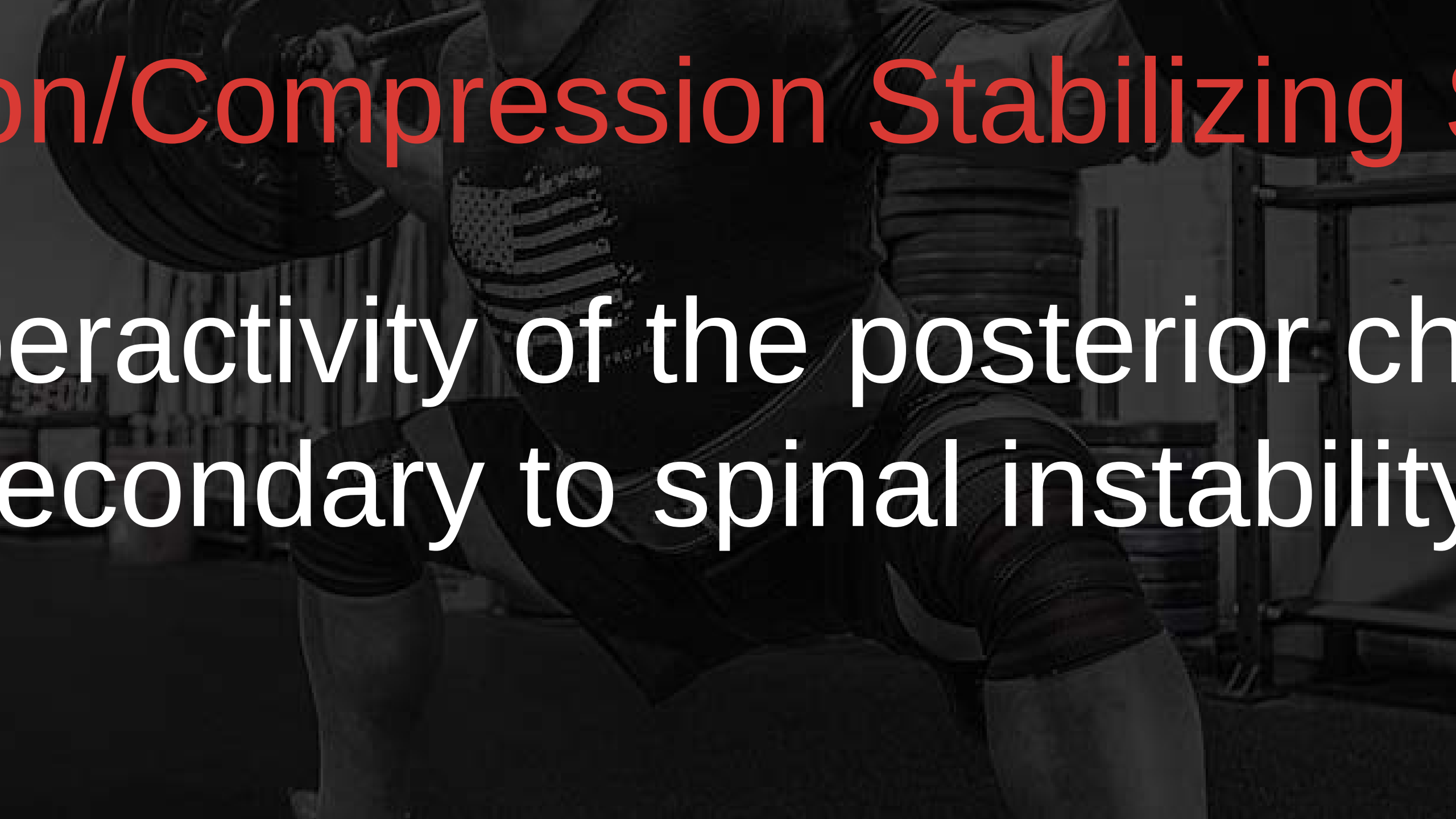


*Tensing your
muscles is not
the same as
pressurizing
your abdomen.*

A grayscale photograph of a person performing a deadlift. The person is wearing a weightlifting belt, knee sleeves, and a dark t-shirt. They are lifting a barbell with weights. The background shows a gym setting with racks of weights.

Compensatory Stabilization

Extension/Compression Stabilizing Strategies

A grayscale photograph of a person in a gym performing a deadlift. The person is wearing a dark t-shirt with an American flag graphic and is lifting a barbell with weights. The background shows gym equipment like racks and benches.

on/Compression Stabilizing S

eractivity of the posterior ch
econdary to spinal instability

on/Compression Stabilizing S



Antiverted Pelvis

on/Compression Stabilizing S

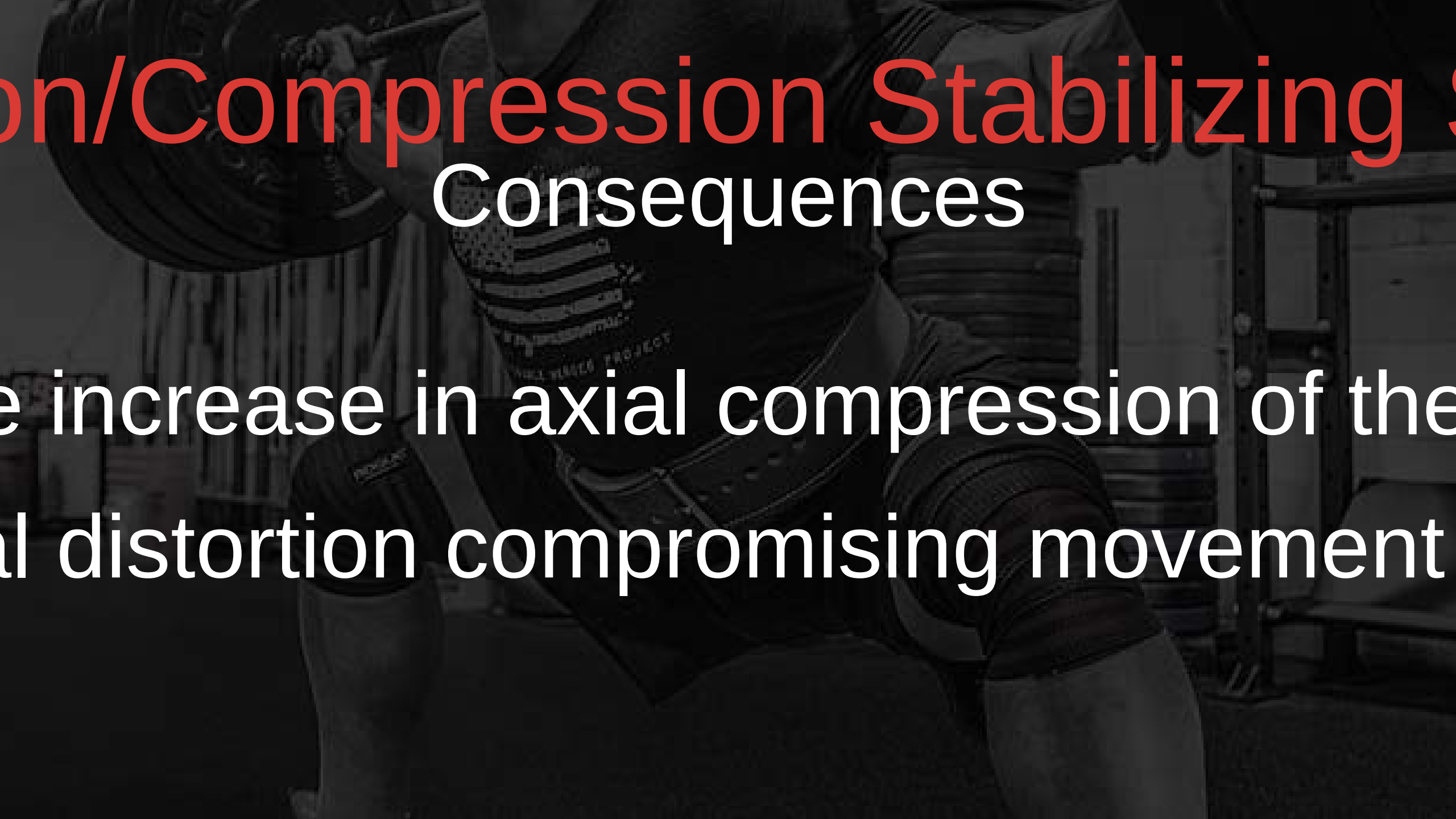
A grayscale photograph of a person in a gym performing a deadlift. The person is wearing a dark t-shirt with an American flag graphic and a weightlifting belt. A red line is drawn along the ribcage area, with two red arrows pointing to it from the text 'Elevated Ribcage' in the bottom left corner. The background shows gym equipment like a rack and weights.

Elevated Ribcage

on/Compression Stabilizing S



Hyper-Active Spinal Extensors

A grayscale photograph of a person in a gym performing a deadlift. They are wearing a dark t-shirt with a graphic and a weightlifting belt. They are lifting a barbell with weights. The background shows gym equipment like racks and a bench.

on/Compression Stabilizing S

Consequences

e increase in axial compression of the
d distortion compromising movement

aining Trunk Stability

Rules to follow

*Cue the athletes
properly during their
traditional strength
training movements.*

Rule :

Brace is
nothing more
than a ***non-***
specific cue
to get an
athlete to
actively
stabilize.

