

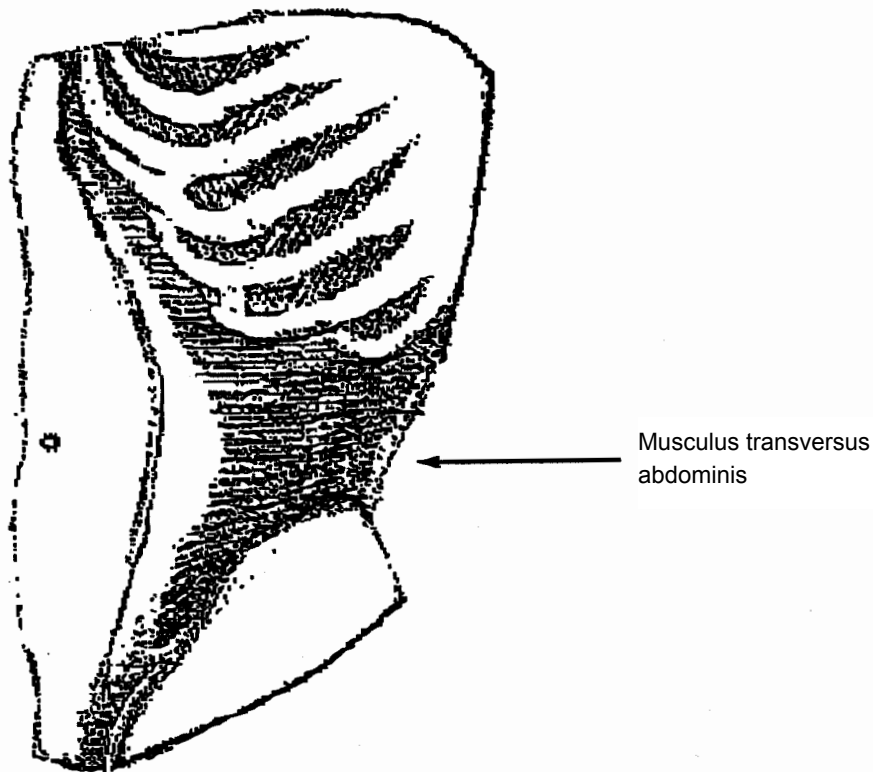
Musculus transversus abdominis

What does it do?

- The transverse muscle of the abdomen **supports the back and pelvis.**
- **People with low back pain may have a** transverse muscle of the abdomen **which is not working properly.**
- **Training this support muscle can help to control the pain.**

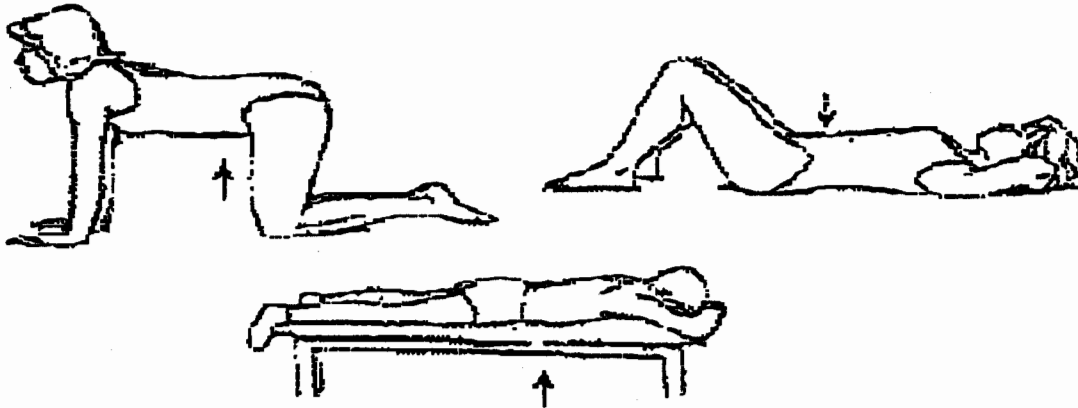
Where is it?

- The muscle is the deepest of your stomach muscles.
- The muscle runs across from your stomach to your back. It is also attached to your ribs and pelvis.



How do I make the transverse muscle of the abdomen stronger?

- As shown in the picture below, to do the exercise, you can kneel on your hands and knees, lie on your back, or lie on your stomach. You and your physiotherapist will decide which position is best for you.
- Take a relaxed breath in and out.
- Hold your breath out while you slowly draw in your belly button towards your back. Try not to move your back or pelvis.



- Contract your pelvic floor muscles if you can (using your pelvic floor muscles helps the transverse muscle of the abdomen to work).
- You can feel the muscle working if you put your hands on your hips with your fingers pointing in.
- You may feel a sliding of the transverse muscle of the abdomen
- The contraction of your muscle should be slow and gentle
- Try to hold the contraction for ___ seconds.

After you have done the above

- Now try and hold the muscle in while you slowly breathe in and out.
- Increase the length of time you hold the contraction from day to day.
- Next try it while you are standing, sitting, bending, getting up from a chair or walking.

Remember

- Try not hold your breath.
- Practice as often as you can throughout the day.
- Try to use the muscle in your daily routine to remind you to do the exercises, e.g. while you are lifting a coffee cup.
- This exercise takes time to master, so keep trying!