



# SERC *Physical and Hand Therapy*

## Returning Patients to the Speed of Life

Centralized Scheduling 913.384.1642 or 816.554.9559  
Fax 913.384.0558 • [www.serctherapy.com](http://www.serctherapy.com)

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### SCOPE OF SERVICES

- Physical Therapy
- Hand Therapy
- Sports Injury Treatments
- Work Injuries, including FCEs and work conditioning
- Diagnoses treated include:
  - spinal disorders
  - pre/post-op surgical disorders
  - repetitive stress disorders
  - hand and upper extremity injuries and disorders

### CLINICS

- Belton/Raymore
- Blue Ridge Tower
- Clinton
- Harrisonville
- KC North
- Kearney
- Lansing
- Lee's Summit
- Liberty
- Metro North
- Odessa
- Olathe
- Overland Park
- South Raytown
- Shawnee

## IN THE CLINIC | The Benefits of Core Stability

The core is composed of as many as 35 different muscle groups connecting into the pelvis from the spine and hip area. It is the center of gravity, where all movement begins. It is also the center of stability for the lower limbs, from the foot to the hip. The muscles in the core function as stabilizers and mobilizers to allow bones to move. If certain muscle groups in the pelvis and hip are not strong enough, the pelvis becomes unstable. This can cause the body to make adjustments in order to compensate for the weakness, increasing the possibility of pain and/or injury.

When muscle groups are working to stabilize bone, their activity is referred to as co-contraction. In other words, several muscle groups are firing simultaneously in order to stabilize the joint or joints they surround. When one muscle group becomes too strong and another becomes weakened, it is referred to as a muscle imbalance. Muscle imbalances are a major cause of injuries. In addition, weakness of the core muscles can result in low back pain, hip pain, knee pain and patellofemoral pain syndrome, at times resulting in chronic injury.

Physical Therapy can help improve core stability through exercises specifically designed to strengthen the core. If you think you may be suffering from core instability, talk to your doctor about the benefits of physical therapy. A strong and stable core can prevent injuries and pain, helping you Return to the Speed of Life.



## PLEASE NOTE:

**Our LEE'S SUMMIT CLINIC has moved  
from 3500 SW Market Street to their new location at**

**3747 SW Raintree Drive  
Lee's Summit, MO 64082**

**You can still contact the Lee's Summit clinic at the same  
phone number 816.537.5650**

**or through our Central Scheduling Office at  
816.554.9559**