

Using the gift that God gave me, I did the work of an expert builder and laid the foundation, and someone else is building on it. But each of you must be careful how you build. For God has already placed Jesus Christ as the one and only foundation, and no other foundation can be laid. Some will use gold or silver or precious stones in building on the foundation; others will use wood or grass or straw. And the quality of each person's work will be seen when the Day of Christ exposes it. For on that Day fire will reveal everyone's work; the fire will test it and show its real quality. (1 Corinthians 3:10–13 GNT)

It is easy when confronted with an injured extremity to focus one's attention for rehabilitating it exclusively on the extremity itself. This can be a trap even when trying to train someone to prevent injury. Properly preparing a patient or client for improved extremity function necessitates a broader emphasis...one that offers the limbs a strong, stable foundation. In physical conditioning parlance this is called core stability. The muscles of the trunk and spine are developed as a crucial base to support fastening and movement of the upper and lower extremities. Because of the relatively tenuous structure of the shoulder joint and the large forces borne by the hip joint, these articulations alone—not to mention the ones farther down the kinetic chain—cannot operate at their best without good core stability. It's quite surprising how much better the extremities work when their foundation is solid; core strength augments excellent extremity rehabilitative exercises.

The principle is identical to what we see in our lives overall. In order to succeed there is only one foundation strong enough to prevent collapse of our day-to-day, week-to-week, year-to-year construction. Once we have Jesus to provide our core stability, we can erect ourselves on His foundation. So, if your Core is stable, build on it with confidence and diligence!

—Jeff Russell

Rehabilitation