

## **A Comprehensive Review of Yoga and Core Strength: Strengthening Core Muscles as Important Method for Injury Prevention (Lower Back Pain) and Performance Enhancement in Sports**

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**Abstract :** The core strength is essential not only for athletes but also for everyone to perform everyday's household chores with ease and efficiency. Core strength means to strengthen the muscles deep within the abdomen which connect to the spine and pelvis which control the position and movement of the central portion of the body. Strengthening of core muscles is important for injury prevention (lower back pain) and performance enhancement in sports. The purpose of the study was to review the literature and findings on the effects of Yoga exercise as a part of sports training method and fitness programs. Fifteen papers were found to be relevant for this review. There are five simple yoga poses: Ardha Phalakasana (Low plank), Vasisthasana (side plank), Purvottanasana (inclined plane), Sarvangasana (shoulder stand), and Virabhadrasana (Warrior) are found to be very effective for strengthening core muscles. They are the most effective poses to build core strength and flexibility to the core muscles. The study suggests that sports and fitness trainers should include these yoga exercises in their programs to strengthen core muscles.

**Keywords :** core strength, yoga, injuries, lower back

**Conference Title :** ICSEHS 2017 : International Conference on Sport, Exercise and Health Sciences

**Conference Location :** Vancouver, Canada

**Conference Dates :** August 07-08, 2017