# Article information:

‘The core’: Understanding it, and retraining its dysfunction - ScienceDirect  
<https://www.sciencedirect.com/science/article/abs/pii/S1360859213001162>

# Article summary:

1. The concept of 'the core' is complex and goes beyond just the muscles that wrap around the midriff. It includes the pelvis, diaphragm, and anterolateral abdomen, which are critical for core support and control.

2. Core control involves muscle co-activation and coordination rather than just individual muscle strength. It relies on the accurate interplay of multiple muscles working together to produce complex patterns of control and movement.

3. Dysfunction of the core can involve shifts in motor activity patterns, dys-coordination in the deep system, and imbalance between inside and outside control. This can lead to altered pelvic position, spinal alignment, deficient intrinsic control, and compensatory over-reliance on superficial muscles.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article titled "‘The core’: Understanding it, and retraining its dysfunction" provides an overview of the concept of the "core" in relation to musculoskeletal function and rehabilitation. While the article offers some valuable insights into the topic, there are several areas where critical analysis is warranted.

One potential bias in the article is the lack of a clear definition of what constitutes the "core." The author acknowledges that it is difficult to find a succinct definition, but then proceeds to discuss various aspects of the core without providing a clear framework for understanding it. This lack of clarity may lead to confusion and misinterpretation of the information presented.

Another potential bias is the reliance on a single perspective, that of Ida Rolf, in conceptualizing the myofascial system as "intrinsic" and "extrinsic." While Rolf's work may have been influential in this area, it is important to consider other perspectives and research findings to provide a more comprehensive understanding of the core.

The article also makes unsupported claims about the role of certain muscles, such as the diaphragm, in core control. While there is evidence to suggest that these muscles play a role in postural control and intra-abdominal pressure generation, more research is needed to fully understand their contribution to core function.

Additionally, there are missing points of consideration in the article. For example, there is limited discussion about how factors such as age, gender, and physical fitness level may impact core function and dysfunction. These factors can significantly influence an individual's ability to engage and control their core muscles.

Furthermore, there is limited exploration of counterarguments or alternative perspectives on core training and dysfunction. The article presents a specific viewpoint without acknowledging potential limitations or controversies within the field.

The article also contains promotional content by mentioning specific clinics or individuals who contributed to its development. This raises questions about potential conflicts of interest or biases in presenting information.

Overall, while the article provides some valuable insights into the concept of the core and its dysfunction, there are several areas where critical analysis is warranted. The lack of a clear definition, reliance on a single perspective, unsupported claims, missing points of consideration, and promotional content all contribute to potential biases and limitations in the article. Further research and exploration of alternative perspectives are needed to fully understand and address core dysfunction.

# Topics for further research:

* Factors influencing core function and dysfunction in different populations
* Alternative perspectives on core training and dysfunction
* Research on the role of the diaphragm in core control
* Definition and components of the core musculature
* Critiques of Ida Rolf's conceptualization of the myofascial system
* Impact of age
* gender
* and physical fitness level on core function and dysfunction

# Report location:

<https://www.fullpicture.app/item/1065b212b3dd5b4e628a0d7acafdd242>