



QR code — Ivy Collaborative

IVY COLLABORATIVE HEALTHCARE

We help people **Feel Good, Look Good & Function Well**

2100 Central Avenue, Suite 6 | Augusta, GA 30904 | (706) 364-3461

www.IvyCollaborative.com



IMPROVING CORE STRENGTH & STABILITY

Self-Help, Traditional Approaches & Ivy Collaborative Support

1. What Weak Core Strength Can Feel Like

The core is more than abs. Abs, obliques, low back, glutes, and pelvic floor work as one brace so you can stand up, lift a bag, or walk without the spine taking the load. When that system is weak or poorly timed, everyday life gets harder: lingering low-back ache, slouching by afternoon, unsteadiness on stairs, leaks with a cough, hip or neck pain from compensation, and fatigue from standing in line. Aging, sitting, injury, pregnancy, and “just doing crunches” can all leave the deep stabilizers undertrained. This is a function problem, not an athlete-only problem—and it is trainable.



2. Self-Help Strategies

- Practice a gentle brace: exhale, lightly draw the lower belly in, keep breathing
- Train the core as a stabilizer—planks, side planks, carries, dead bugs—not only sit-ups
- Stand and walk more; long sitting is a core-endurance tax
- Lift with the load close; hinge at the hips rather than rounding the back
- Keep protein and sleep adequate so muscle can adapt
- Track function: standing time, stairs, lifting comfort, posture photos
- Know the myth: a six-pack routine is not the same as a stable spine
- See a clinician if back pain, unsteadiness, leaks, or a midline bulge limit daily life

3. Traditional Medicine Options

- Primary-care or physical-therapy evaluation of posture, strength, and movement
- Rule out hernia, significant diastasis, neurologic disease, and fall risk
- Supervised core rehab and movement re-education—better than guessing at home
- Balance and fall-prevention work when unsteadiness is part of the picture
- Address pelvic-floor involvement when leaks or pressure coexist
- Imaging or specialist referral only when red flags or stalled recovery warrant it
- Understand limits: pain and poor recruitment can stall gym progress for months
- Ask about non-surgical, FDA-cleared electromagnetic core strengthening

4. How Ivy Collaborative Can Help

- Emsculpt Neo (BTL) — FDA-cleared HIFEM+ and RF that builds muscle and can reduce overlying fat
- ~20,000 supramaximal contractions in a 30-minute session—more than voluntary crunches can recruit
- Helps re-establish neuromuscular drive so the core fires during daily tasks, not only on a mat
- Typical course: 30-minute visits; often 6 treatments about 1 week apart; no downtime*
- Clinical averages include ~25% more muscle thickness in treated areas*
- Complements—not replaces—physical therapy, walking, and strength training

5. Helpful Links

Self-Help	Traditional Medicine	Ivy Collaborative
cdc.gov/physicalactivity nia.nih.gov / exercise <i>Walking • Brace • Balance • Sleep</i>	mayoclinic.org (core) orthoinfo.aaos.org <i>Evaluation • PT • Fall prevention</i>	ivycollaborative.com — Emsculpt Neo <i>Emsculpt Neo • Schedule your consultation</i> <i>Physician-directed care with Dr. Jocelyn Bayliss, MD</i> <i>dual board-certified psychiatrist</i>

6. Contact Ivy Collaborative Healthcare

2100 Central Ave, Ste 6, Augusta, GA 30904 | 706.364.3461

Complimentary consultations available • Non-invasive core strengthening for daily function

You do not have to live around a weak core or a tired back—support is available.



*Emsculpt Neo (BTL) is FDA-cleared for non-invasive muscle strengthening and fat reduction. Averages come from published HIFEM+RF studies; individual results vary. Session count follows the clinic's current protocol (often six 30-minute visits) and may be individualized. Not a treatment for acute spinal injury, untreated hernia, or unexplained neurologic deficit, and not a substitute for physical therapy when that is indicated. Metal or electronic implants in the treatment area, pacemakers, defibrillators, pregnancy, nursing, and active hernia in the field are common contraindications—eligibility is determined after physician screening. Serving Augusta, Evans, Grovetown, Martinez, North Augusta, Harlem, and Richmond, Columbia, and Burke Counties.