



INTRODUCTION

Speed and agility are well researched topics that have been correlated with risk of falls and are critical in the world of athletic performance. Speed is defined as the distance one is able to cover in one direction over a period of time. Agility is generally defined as a change in body position in space with accuracy and speed. Numerous factors have been shown to impact speed and agility, however the effect of core and pelvic floor strength on this topic is not as strongly supported in the literature. While core and pelvic health have a vital function on stabilization of the trunk and injury prevention, its role in speed and agility is a measure that is still being explored.

METHODS

One database search and one hand search were conducted. Research articles were identified through defined inclusion and exclusion criteria. All selected articles were analyzed using both a hierarchy of evidence scale and the PEDro scale. See search strategy for details.

REFERENCES



EFFECTS OF CORE AND PELVIC FLOOR STRENGTH ON SPEED AND AGILITY: A SYSTEMATIC REVIEW Thomas Vaccaro, Zackary Jayne, and Melissa Cencetti PT, DPT, EdD



Seven studies were selected and assessed for the conclusions drawn by their respective authors. Five of the articles were picked utilizing our search terms and the remaining two were selected using a hand search. Five of the seven articles concluded that there was a correlation between core strengthening and improvements in speed/agility.

Although a correlation was found between core strength and speed/agility in several included articles, the designs of the studies do not allow definitive comparisons to be drawn that core strength is the sole factor for positive outcomes. Parallel reviews reflect the conflicting nature of our findings. Additionally, the populations studied in the articles are exclusively athletic. This is a limitation of our systematic review -Rectus abdominus that reduces the external validity of the conclusions drawn. Other limitations include a large variety of outcome measures, a small sample size of articles, and a lack of control standardization.

> The lack of literature identified regarding core strength's effect on speed and agility limits the conclusions that can be drawn and illustrates the necessity for future research on the topic.

RESULTS

DICUSSION

CONCLUSION