

Referanser til E08 – Kjernemuskulatur

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Podcast

Empowered beyond pain: The Myth of Core Stability - Episode 17: Peter O'Sullivan's personal story of back fact 7

The Physio Matters Podcast: Session 14 - The unstable concept of core stability with Ben Smith

The Back Pain Podcast: Core Stability and Other Myths

Liberated Being: Episode 33: Eyal Lederman - The Myth of Core Stability

Video

Paul Hodges: Balancing Mobility and Stability.

<https://www.youtube.com/watch?v=hplw6Lg95SY&t=218s>

Paul Hodges speaks at the 2018 Rubicon Conference. <https://www.youtube.com/watch?v=fxLdo06ZPd8>

Prof. Peter O'Sullivan and Core Stability: https://www.youtube.com/watch?v=YezBG_NdLgs