

This is a self-archived version of an original article. This version may differ from the original in pagination and typographic details.

Author(s): Mitchell, Ulrike H.; Owen, Patrick J.; Rantalainen, Timo; Belavý, Daniel L.

Title: Increased Joint Mobility Is Associated With Impaired Transversus Abdominis Contraction

Year: 2022

Version: Accepted version (Final draft)

Copyright: © 2021 by the National Strength & Conditioning Association.

Rights: In Copyright

Rights url: <http://rightsstatements.org/page/InC/1.0/?language=en>

Please cite the original version:

Mitchell, U. H., Owen, P. J., Rantalainen, T., & Belavý, D. L. (2022). Increased Joint Mobility Is Associated With Impaired Transversus Abdominis Contraction. *Journal of Strength and Conditioning Research*, 36(9), 2472-2478. <https://doi.org/10.1519/JSC.0000000000003752>

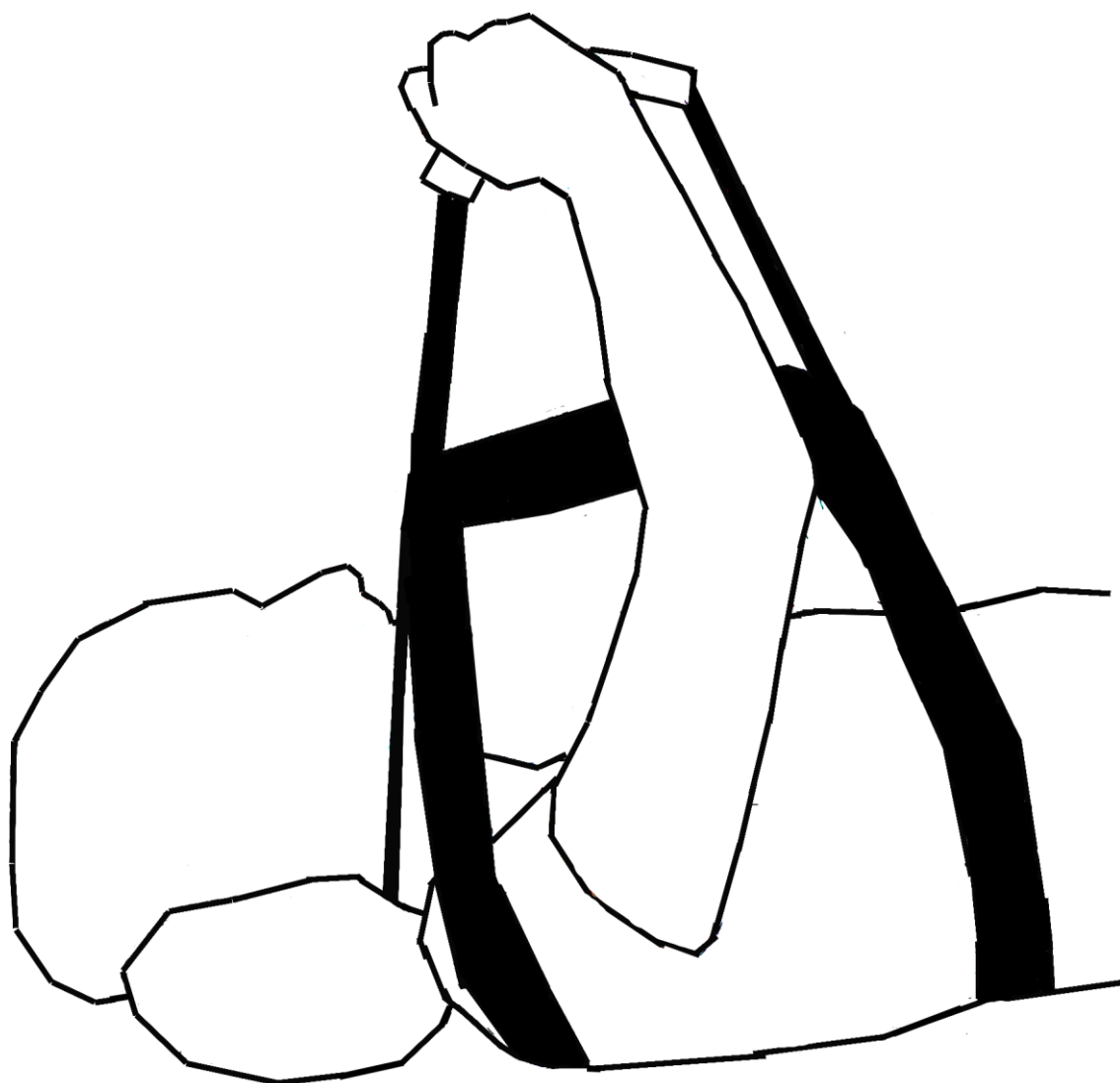


Figure 1

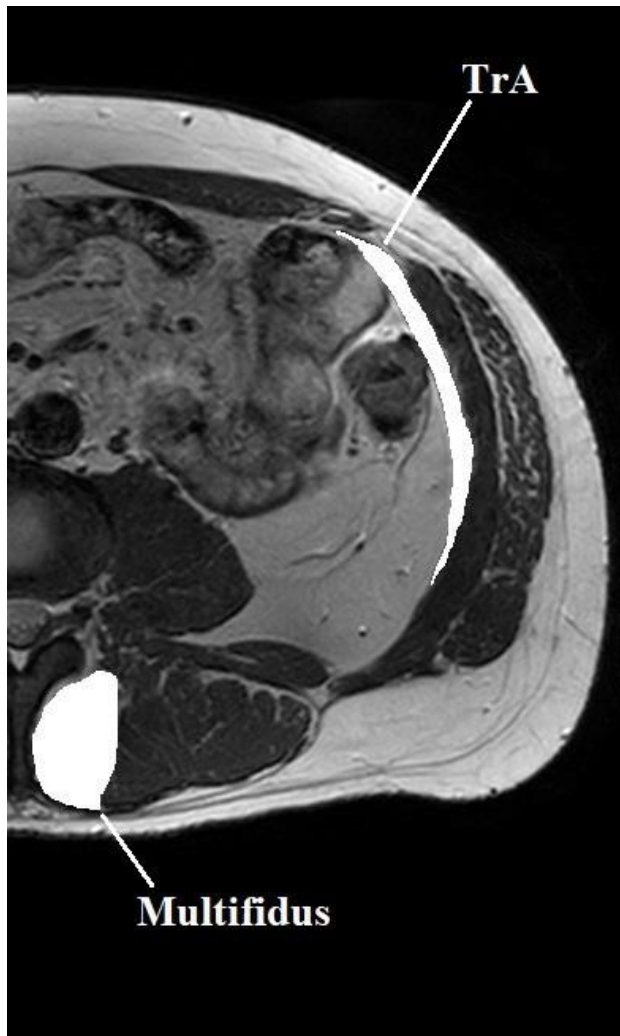


Figure 2



Figure 3

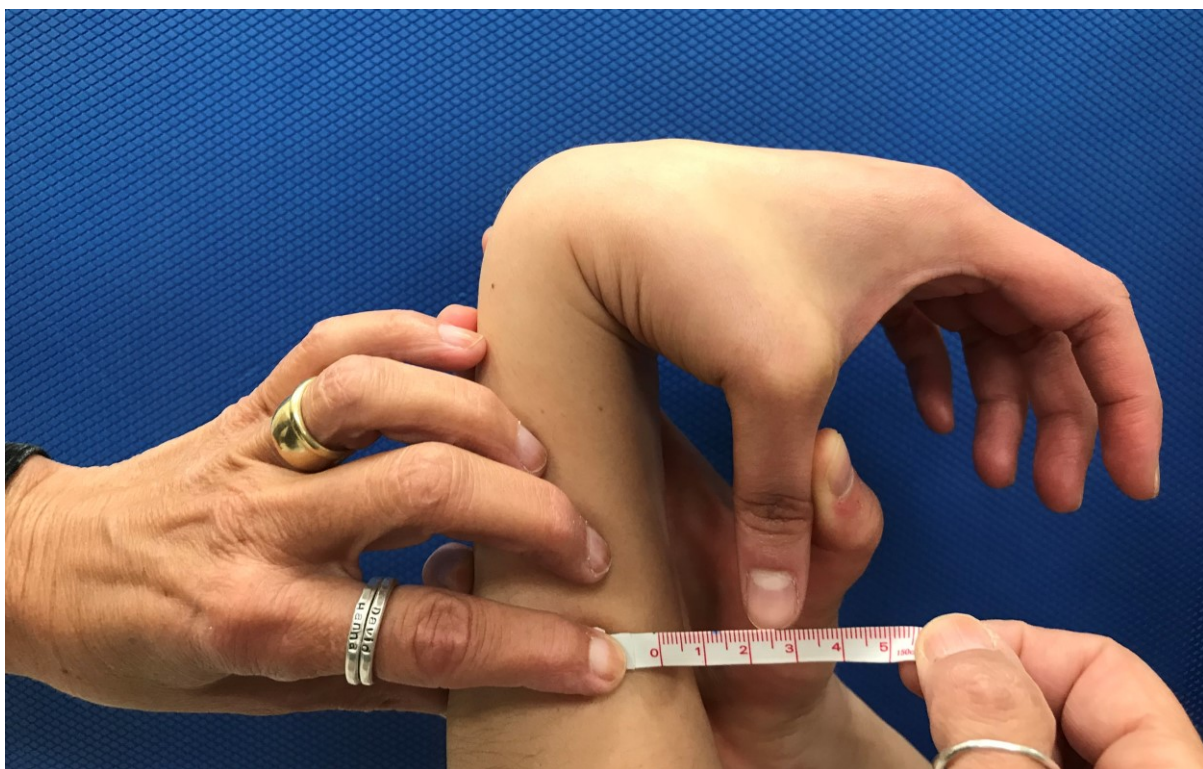


Figure 4

Figure 5.

