**مؤشرات ضعف الكور**

**الآم أسفل الظهر** [**https://jamaicahospital.org/newsletter/lower-back-pain/**](https://jamaicahospital.org/newsletter/lower-back-pain/)

**ضعف الأداء الرياضي وثبات الاوزان**

[**https://www.essa.org.au/Public/Public/Events/Event\_Display.aspx?EventKey=MFEAW22**](https://www.essa.org.au/Public/Public/Events/Event_Display.aspx?EventKey=MFEAW22)

**متلازمة ضعف الكور عند النساء**

**هبوط الرحم, المثانة, المهبل, المستقيم**

[**https://ar.wikipedia.org/wiki/%D8%B6%D8%B9%D9%81\_%D9%82%D8%A7%D8%B9\_%D8%A7%D9%84%D8%AD%D9%88%D8%B6**](https://ar.wikipedia.org/wiki/%D8%B6%D8%B9%D9%81_%D9%82%D8%A7%D8%B9_%D8%A7%D9%84%D8%AD%D9%88%D8%B6)

**او**

[**https://www.mayoclinic.org/ar/diseases-conditions/stress-incontinence/symptoms-causes/syc-20355727**](https://www.mayoclinic.org/ar/diseases-conditions/stress-incontinence/symptoms-causes/syc-20355727)

**الانزلاق الغضروفي**

**https://physiopretoria.co.za/pain/back/lumbar-disc-bulge-or-hernia**

**فتق البطن – فتق الحجاب الحاجز**

[**https://www.advancedreconstruction.com/body/hernia-surgery**](https://www.advancedreconstruction.com/body/hernia-surgery)

**الأداء الخاطئ في التمرين**

[**https://dannorthfitness.com/6-common-bent-over-row-mistakes/**](https://dannorthfitness.com/6-common-bent-over-row-mistakes/)

**سلس البول الاجهادي**

[**https://omcegypt.com/2296/%D8%AA%D8%B9%D8%B1%D9%81-%D8%B9%D9%84%D9%89-%D8%A3%D8%B3%D8%A8%D8%A7%D8%A8-%D8%B3%D9%84%D8%B3-%D8%A7%D9%84%D8%A8%D9%88%D9%84-%D9%88%D9%83%D9%8A%D9%81%D9%8A%D8%A9-%D8%B9%D9%84%D8%A7%D8%AC%D9%87/**](https://omcegypt.com/2296/%D8%AA%D8%B9%D8%B1%D9%81-%D8%B9%D9%84%D9%89-%D8%A3%D8%B3%D8%A8%D8%A7%D8%A8-%D8%B3%D9%84%D8%B3-%D8%A7%D9%84%D8%A8%D9%88%D9%84-%D9%88%D9%83%D9%8A%D9%81%D9%8A%D8%A9-%D8%B9%D9%84%D8%A7%D8%AC%D9%87/)

**مشاكل قوامية**

[**https://sportscare1.com/top-tips-to-improve-bad-posture/**](https://sportscare1.com/top-tips-to-improve-bad-posture/)

**الانفصال العضلي (البطني -الظهري)**

[**https://runningwildchiro.com/blog/important-info-about-diastasis-recti**](https://runningwildchiro.com/blog/important-info-about-diastasis-recti)

**بروز البطن وترهل الجوانب البسيط**

[**https://www.yamanyoon.com/?p=352023**](https://www.yamanyoon.com/?p=352023)