

EXERCISES: HIP EXTENSIONS - DRAWING IN

This exercise can increase strength and stability in the muscles of the lower back and pelvic region, decreasing lordosis.

- Lie flat on your stomach with your arms comfortable by your side or tucked under your head. Extend your legs straight behind you.
- Take a deep breath. As you exhale, draw your belly button towards your spine, engaging your core muscles. Ideally you should feel as if you're trying to lift your belly off the mat without moving the spine.
- While holding this contraction, lift one leg off the mat about 6 inches. Focus on engaging the large muscles of the buttocks.
- Hold for 3 seconds, return to starting position.

EXERCISES: HAMSTRING CURL

The hamstrings are the large muscles that run down the back of the thigh. Strong and flexible hamstrings can help support neutral pelvic alignment.

- Tie a resistance band into a loop around a pole or sturdy object.
- Lie flat on your stomach with your feet a foot or two away from the pole.
- Loop the band around your ankle.
- Bend your knee and pull your ankle towards your buttocks away from the pole. Repeat 15 times, then repeat on other side.

PREVENTING LORDOSIS

While there aren't guidelines on preventing lordosis, you can perform some exercises to maintain good posture and spine health. These exercises can be:

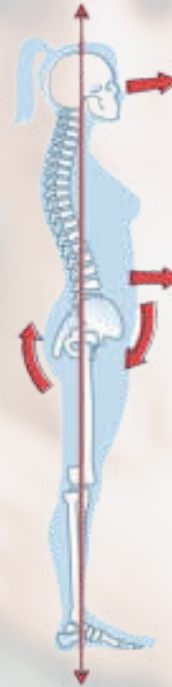
- Shoulder shrugs.
- Neck side tilts.
- Yoga poses, like cat and bridge pose.
- Leg raises.
- Pelvic tilt on a stability ball.

Prolonged standing may also change the curve of your spine. According to one, sitting significantly decreases changes in the lower back curve. If you find yourself standing a lot, due to work or habits, try taking sitting breaks. You'll also want to make sure your chair has sufficient back support.

SUMMARY

Correcting poor posture and excessive lordosis can prevent more severe conditions of the back and spine. A 2018 study looked at the effects of lumbar stabilisation exercises on the function and angle of lordosis in people with chronic low back pain. They found that stabilisation exercises, like the ones described, are more effective than conservative treatment for improving function and angle of curvature in the back.

Always consult your doctor before starting an exercise program to make sure it's right for you. If these exercises cause an increase in pain, stop immediately and seek help.



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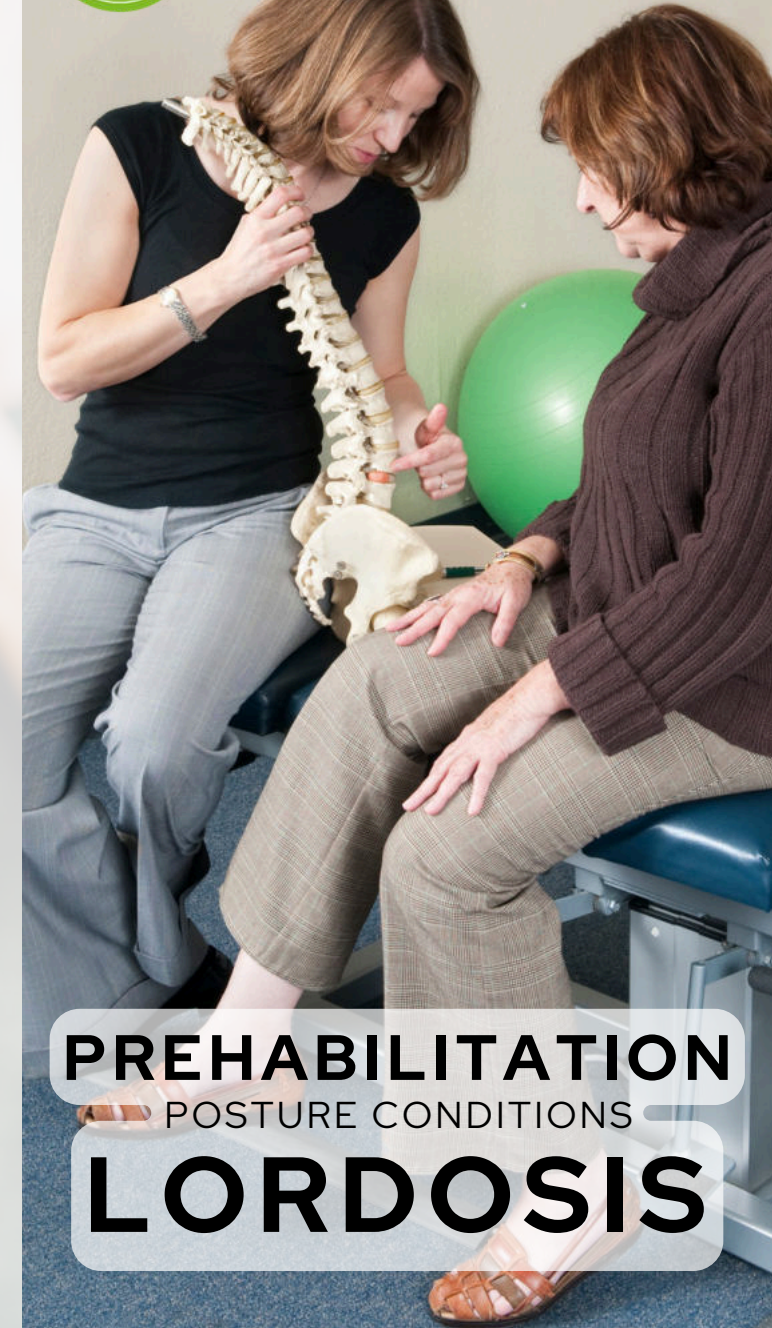
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PREHABILITATION
POSTURE CONDITIONS
LORDOSIS

WHAT IS LORDOSIS

Everyone's spine curves a little in your neck, upper back, and lower back. These curves, which create your spine's S shape, are called the lordotic (neck and lower back) and kyphotic (upper back). They help your body:

- Absorb shock.
- Support the weight of the head.
- Align your head over your pelvis.
- Stabilise and maintain its structure.
- Move and bend flexibly.

Lordosis refers to your natural lordotic curve, which is normal. But if your curve arches too far inward, it's called lordosis, or swayback. Lordosis can affect your lower back and neck. This can lead to excess pressure on the spine, causing pain and discomfort. It can affect your ability to move if it's severe and left untreated.

CAUSES OF LORDOSIS

Lordosis can affect people of any age. Certain conditions and factors can increase your risk for lordosis. This includes:

- **Spondylolisthesis:** Spondylolisthesis is a spinal condition in which one of the lower vertebrae slips forward onto the bone below.
- **Achondroplasia:** Achondroplasia is one of the most common types of dwarfism.
- **Osteoporosis:** Osteoporosis is a bone disease that causes a loss of bone density, which increases your risk of fractures.
- **Osteosarcoma:** Osteosarcoma is a bone cancer that typically develops in the shinbone near the knee, the thighbone near the knee, or the upper arm bone near the shoulder.
- **Obesity:** Obesity is an epidemic in the world.



SYMPTOMS / TYPES OF LORDOSIS

The most common symptom of lordosis is muscle pain. When your spine curves abnormally, your muscles get pulled in different directions, causing them to tighten or spasm. If you have cervical lordosis, this pain may extend to your neck, shoulders, and upper back. You may also experience limited movement in your neck or lower back.

Types of Lordosis

- **Lordosis in the lower back** - Lordosis in the lower back, or lumbar spine, is the most common type. The easiest way to check for this condition is to lie on your back on a flat surface. You should be able to slide your hand under your lower back, with little space to spare. Someone with lordosis will have extra space between their back and the surface.
- **Cervical lordosis** - In a healthy spine, your neck should look like a very wide C, with the curve pointing toward the back of your neck. Cervical lordosis is when your spine in the neck region doesn't curve as it normally should. This can mean: There's too much of a curve / curve running in the wrong direction. The curve has moved to the right or left.

TREATING LORDOSIS

Most people with lordosis don't require medical treatment unless it's a severe case. Treatment for lordosis will depend on how severe your curve is and the presence of other symptoms.

Treatment options include:

- Medication, to reduce pain and swelling.
- Daily physical therapy, to strengthen muscles and range of motion.
- Weight loss, to help posture.
- Braces, in children and teens.
- Surgery, in severe cases with neurological concerns.
- Nutritional supplements such as vitamin d.

For most people, lordosis does not cause significant health problems. But it's important to maintain a healthy spine since the spine is responsible for much of our movement and flexibility. Not treating lordosis could lead to long-term discomfort and an increased risk of problems with the:

- Spine.
- Hip girdle.
- Legs.
- Internal organs.

This leaflet will give you a few exercises to help with the condition.

EXERCISES: PELVIC TILTS ON BALL

This exercise helps bring awareness to the position of the pelvis, as well as stretches and strengthens the abdominals and back extensor muscles.

- Sit on an exercise ball with your feet slightly wider than hip-width apart, shoulders back, and spine neutral. Pick a ball that allows your knees to be at a 90-degree angle when you're sitting with your feet flat on the floor.
- Tilt your hips and round your lower back by contracting your abdominals. Feel as if you're trying to bring your pubic bone to your bellybutton. Hold for 3 seconds.
- Tilt your hips in the opposite direction and arch your back. Feel as if you're sticking your tailbone out. Hold for 3 seconds.

EXERCISES: ABDOMINAL CRUNCHES

Strengthening the abdominals can contribute to better pelvic alignment in people with a forward tilted pelvis.

- Lie flat on your back with your legs bent and feet flat on the floor. Place your hands behind your head or cross them over your chest.
- Breathe in - As you breathe out, pull your belly button to your spine, engaging your transverse abdominus muscles, the muscle that wraps around your midline like a corset.
- Raise your head and shoulders a few inches off the floor to do a crunch, while maintaining the contraction in your abdominals.
- Return to the start and repeat.

EXERCISES: DEADBUGS

This dynamic core exercise helps people maintain a stable spine during movements of the legs and arms. It targets the transverse abdominus muscle, which is essential for spine stabilisation.

- Lie flat on your back with your arms and legs pointing straight up away from the body.
- Take a deep breath in and when you exhale, pull your bellybutton to your spine, and feel as if you're flattening your back toward the floor without moving the hips.
- Lower your left arm and right leg at the same time until they're hovering a few inches above the ground.
- Return to starting position and repeat on other side.