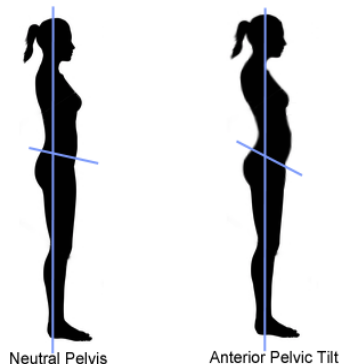


Lower Crossed Syndrome: A Quick Overview

What is it?

- A pattern of muscle tightness and weakness in the lower back and hips frequently present in runners, especially those with desk jobs
- Most people who display this postural pattern experience no pain
 - **However, when combined with an active lifestyle it can be a predisposing factor in the development of overuse injuries of the hips, lower back and knee.**
- The pattern can be seen in the following graphic and is accompanied by tightness in the hamstrings and an increased lordosis (arch) of the lower back.



What do I do about it?

- Conventional stretching alone is not enough to correct this pattern.
- Learning how to properly use your core
- Progressive Core stability exercises that emphasize a neutral spine such as planking, ab roll outs, “dead bugs”, as well as glute strengthening with squats, lunges and hip thrusts can improve weakness and function.
- **A physiotherapist can help:**
 - assess which muscles/areas you need to target,
 - provide fast relief from pain and muscle tightness, and
 - prescribe, coach and progress a home exercise program to encourage a full recovery.

Call us for more information or to book an appointment now!