Lordosis Rehab*

*Do not do any strengthening exercises for 24 hours after treatment on your lower back.

Lordosis: is a common lower back problem (especially in women) caused by muscle imbalances in the lower back/pelvic area. Lordosis presents with an exaggerated lumbar curve (dip in lower back), anteriorly tilted pelvis and often a ‘ducks bottom’ which pokes out. Lordosis often causes lower back pain as it forces the facet joints at the back of the spine together causing irritation and/or arthritis. Painful ‘trigger points’ also develop due to certain muscles being weak and overstretched and others being too short and overworked. To correct lordosis you need to BOTH lengthen the overly tight muscles (with massage, myofascial release and stretching) and strengthen the overly long/weak muscles (especially the glutes & abdomen)!

Strengthening Exercises

- In the good morning exercise, ensure you raise and lower your torso using your glutes (buttocks). Try to use your lower back and hamstrings as little as possible keeping your buttocks tense as you lift your weight. Keep your back straight ensuring the movement comes from the hip, not the lower back.
While doing the isometric contraction of buttocks: First tense your buttocks, then carefully lift the front of your pelvis (groin) up towards your chest a little, then tense your deep abdomen (stomach) pulling your belly button back towards your spine (tilting your pelvis back and straightening the lumbar spine). Hold for 5 seconds. Repeat 10 times building to 20.

Do 2 sets of all strengthening exercises, daily for the first month, 3 x week for the second month, then 2 x week thereafter. Do each exercise until moderately fatigued (10-15 reps, building to 20-30 reps).
**Stretches**

- You can use a yellow pages or thick book instead of a ‘yoga back block’, but ensure your lumbar spine if off the book.

- **Pilates lumbar ‘peel down’ (above photo):** From sitting slowly peel back, leading from your lumbar spine. Your aim is to try and relax each vertebra down into the ground individually leading from the lowest one (L-5). Repeat 2x.
• When standing/walking you need to engage (tense) your glutes and abdomen slightly to straighten & support your lumbar spine and pull your pelvis up at the front (correcting the anterior tilt).

• Ensure you also do any extra stretches of strengthening exercises your therapist gives you as you may be tight/weak in other areas! Discontinue any exercises on the advice of your doctor or physiotherapist.

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