

Lower Crossed Syndrome / Hyper-mobility.

A video of these exercises can be found at

www.biotunchiropractic.com.au/stretching-and-exercise/low-back



A= Tight Tired muscles:
hip flexors, QL, erector spinae,
Hamstrings.

B= Long Weak Muscles
Abdominals, gluteals, Quads

Stage 1: Range of Motion:

Heat pack to relieve muscle ache. (as much as you like)

Do these prescribed stretches every hour holding each stretch for 5 deep breaths.

- 1. Stretch your Low back (Quadratus Lumborum and erector spinae):**
 - a. Either sitting or standing,
- 2. Stretch the back of your legs (Hamstrings)**
 - a. Either sitting or standing (as bellow)
- 3. Stretch for Hip flexors (illacus and psoas)**
 - a. Kneeling or standing
- 4. Stay Mobile (Gently!)**
 - a. If you stay still for too long muscles cease up! So go for a gentle 2 minute walk every 30-60 minutes

Stage 2: Stabilisation.

Continue stretches above. (1 to 2 times per day)

1. **Pelvic tilts** (for about 2 weeks many times daily either sitting standing or lying)
2. **Core Marching** (two weeks twice daily)
3. **Leg extensions**, (two weeks twice daily)
4. **Table top Leg extensions**, (two weeks twice daily)
5. Table top double leg. (two weeks twice daily)

6. ?Orthotics?

Stage 3: Strength and Conditioning. (all done 3-5 times per week)

1. Abdominals:

- a. **Prone bridges** (once daily until you can hold for 2 minutes). On knees or toes depending on your level.
- b. **Standard Sit-ups (2 sets of 20)**
- c. **Ball passes (2 sets of 10)**
- d. **Knees to chest (2 sets of 10)**
- e. **Wall Climbes (2 sets of 10)**

2. Quadriceps (thighs) and gluteals (hips):

- a. **Wall Sits (build to 2 mins)**
- b. **Squats (2 sets of 30)**
- c. **lunges (20 each leg)**
- d. **Bulgarian Lunges (15 each leg)**
- e. **Jumping squats (2 sets of 20)**

Stage 4: Maintenance:

Ongoing!!

1. Join Pilates or Yoga or Tai Chi, or get a personal trainer, or join a sport you enjoy but DO SOMETHING active that will engage a range of muscles and keep your body moving!
2. Reduce causing factors
3. **Get regular Check-ups** with your chiropractor to make sure you biomechanics are working!