



LOWER CROSS SYNDROME - a bad posture that is usually the result of too much sitting and slouching with no low back support. The resultant posture is a pelvis that is rotated forward and a low back that is arched or extended too much. The hip, knee and ankle joints are also out of alignment.

Causes

- Upper crossed syndrome
- Acute low back pain
- Prolonged sitting, especially without a back rest (bleachers), or slouching
- Frequent walking or running on treadmill (the leg is thrown into extension by the momentum of the treadmill, thus relieving the gluteus maximus of the duty and forcing the psoas to work double time by having to decelerate leg extension)
- Predominantly hip flexor oriented exercises coupled with little stretching
- Not enough hip stabilization exercises relative to larger muscle strengthening
- Excessive foot pronation

Corrective Actions

Correct any detrimental habits, i.e. lazy posture, slouching, or locking knees when standing
Sit towards the back of the chair with the buttocks and low back up against the back of the chair, this forces the lumbar spine into a more natural lordosis.

Consequences

- Altered hip extension patterns
- Altered hip abduction patterns
- Altered posture throughout entire body
- Chronic or recurrent neck, low back, and buttock pain
- Hamstring strains
- Pseudo-sciatica
- Decreased hip extension/abduction
- Lateral knee pain/IT band syndrome
- Trigger points in many areas
- Joint dysfunctions throughout spine
- Low back and hip joint dysfunctions