

Lower Cross Syndrome / Anterior Pelvic tilt



**Hand Heel Rock**

Begin on hands and knees. Sit back onto feet and lower down into a 'prayer' position. Relax and breath. Return up onto all fours then lower pelvis down into a 'serpent' position, relaxing spine into a gentle arch. Hold, return to all fours and repeat.

<b>Sets:</b>	4-3
<b>Reps:</b>	15-20
<b>Weight:</b>	
<b>Hold:</b>	4-10 sec
<b>Rest:</b>	30-60
5 x/week	

**Notes:**



**Pelvic Tilt - Standing**

Standing tall with arms crossed at shoulder height, pull stomach muscles in and rock pelvis backward so as to flatten low back. Relax the stomach muscles and rock pelvis forward, poking the buttocks out and arching the lower back. Repeat. Stop if the exercise causes pain.

<b>Sets:</b>	4-3
<b>Reps:</b>	15-20
<b>Weight:</b>	
<b>Hold:</b>	4-10 sec
<b>Rest:</b>	30-60
5 x/week	

**Notes:**



**Leg Extension Quadruped**

On hands and knees, keep back flat and maintain an abdominal hollow. Extend one leg behind until parallel with floor. Keep upper body stable, neck in neutral. Hold for 3 relaxed breaths, slowly return to start position, repeat. Stop if the exercise causes pain.

<b>Sets:</b>	4-3
<b>Reps:</b>	15-20
<b>Weight:</b>	
<b>Hold:</b>	4-10 sec
<b>Rest:</b>	30-60
5 x/week	

**Notes:**

Patient:

ID:

Issued By:

Date: 29/08/2024 18:07:03



### Prone Hip Extension Knee Bent

Lying on stomach with a pillow under pelvis. Bend knee to 90, tighten buttock muscles and push foot up toward the ceiling. Hold for 3 breaths. Slowly return to start position. Repeat. Maintain abdominal hollow throughout movement. Stop if the exercise causes pain.

Sets:	4-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

Notes:



### 'V' Hold - Spine in Neutral

Sit in a "v" pose with knees bent and chest up, holding gently behind thighs. Slowly lower upper body backwards while thighs move slightly outward as well. Maintain an abdominal hollow and good spinal alignment throughout. Hold for 3 relaxed breaths, then use abdominals to pull chest back to starting position. Repeat. Stop the exercise if it causes pain.

Sets:	4-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

Notes:



### Hip Flexors - Chair

Standing tall, step one foot forward on a chair (feet shoulder width apart). Maintain a pelvic tilt, and keep an upright posture. Glide pelvis forward to increase stretch through the front of the hip. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



### 'Donkey Kick' / Hip Extension

Standing tall, tubing attached in front at chest level. Bend knee forward up to hip level, and wrap tubing around lower thigh. Steady self with hand on chair, maintain an abdominal hollow, and slowly push foot down and back behind body. Squeeze the buttocks and avoid arching the low back. Hold for 3 relaxed breaths, return to start position, stop if the exercise causes pain.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	
4 x/week	

#### Notes:



### Lunge on BOSU

Standing in lunge position, front foot on BOSU ball, back foot resting on elevated step. Slowly lower body down by bending front knee, as back knee lowers to floor. Keep head and chest up. Maintain an abdominal hollow, slowly return to start position. Repeat. Stop if the exercise causes pain.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

#### Notes: