

## Sitting can literally be a pain! Why? Because of condition called... **Lower Cross Syndrome**

Is the postural imbalance in your body that occurs when there is a weakness in a group of muscles, combined with overactive or tight opposite muscles in your lower body (there is also Upper Cross Syndrome).

### How to check for Lower Cross Syndrome.

Either have someone check you or stand in front of a mirror side on.

Wear clothes that allows you to feel/or see the dimple on your back and the bone at the front of your pelvis (in fact underpants are ideal!)

Create an imaginary line between these 2 points. (On guys this line is usually where the top of your jeans sit).



Whilst looking at yourself, become aware of whether your pants/trousers/skirt form a straight line from front to back  
or  
if the front is lower than the back.



### What causes this change?

Vladimir Janda, a physical therapist from the Czech Republic was the first person to document this type of muscle imbalance. Janda noticed that **many people developed a distinct pattern of muscle imbalances due to prolonged static postures, such as sitting and leaning forward at a desk all day.**

### How is this posture created?

This causes the lower back muscles (erector spinae) to continually contract, holding the body's weight upright. Sitting also shortens the hip flexor muscles (iliopsoas and rectus femoris), resulting in these muscles shorten; leading to muscle tightness.

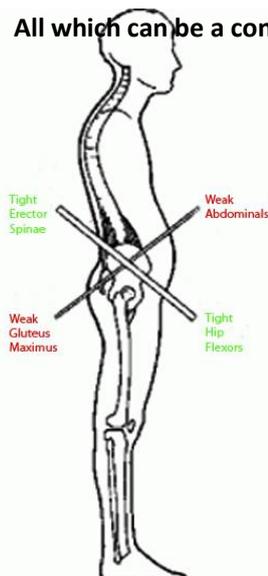
Along with these diagonal muscles becoming shortened and tight, the gluteal muscles (butt muscles), hamstrings and the abdominal muscles typically become lengthened and weakened.

Due to these diagonal tightened and weakened muscles, someone with Lower Crossed Syndrome will typically have an anterior pelvic tilt - the front of the pelvis is lower than the back. (See photos above). An increased lumbar curve (a large back arch), protruding stomach or a butt that sticks out may be also be seen.



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### All which can be a contributing factor to Low Back Pain.



### What Can I do to correct this posture?

To find out how to stretch the tight muscles or to strengthen the weak muscles. Check out the appropriate muscles in our self-help section on our [website](#).

#### **Tight Muscles: to be stretched**

Hip Flexors: Iliopsoas and Rectus Femoris

Back Muscles: Erector Spinae

Tensor Fascia Latae (TFL)

#### **Weak Muscles: to be strengthened**

Abdominal Group

Gluteal Group (Butt) and Hamstrings