

## POSTURAL DISORDERS

### Lordosis



#### DEFINITION:

An exaggerated forward curve of the lumbar spine. Also called swayback or hollow back.

#### COMMON CHARACTERISTICS OF LORDOSIS:

- Anterior tilt of pelvis
- Hyperextended knees
- Upper body is shifted backwards

#### CAUSES OF LORDOSIS:

- Genetic predispositions
- Weak abdominals, gluteals, and hamstrings
- Tight lower back muscles

#### TEACHING TIPS:

- Provide exercises to (a) stretch lower back muscles, (b) strengthen abdominals, and (c) realign pelvic tilt.
- Encourage the student to consciously think about reestablishing proper pelvic alignment in normal daily activities.
- Inform the student that all stretching should be done pain-free.
- Collaborate with the adapted physical educator/physical therapist/occupational therapist to assist with the student's physical and motor development.

#### SUGGESTED EXERCISES:

*Information on this sheet contains only suggested guidelines. Each student must be considered individually, and in many cases, a physician's written consent should be obtained.*