

Lumbar Flexion Syndrome

Forward bend pain of the low back

What is it?

A lumbar flexion syndrome is a problem from forward bend stress of the lower back. Usually it is a result of low back forward bending many times and/or for a long time.

With these types of problems, there could be weakness of the trunk, stiffness of the hips, and positioning of the low back into a forward bent position.

What Symptoms are Associated with it?

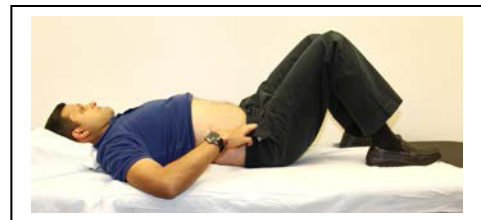
Pain location is usually in the lower back, however the pain could go out to the sides of the stomach or down the leg(s) sometimes without low back pain.

Often there is it is more comfortable lying down or walking gently. Sitting and forward bending of the trunk are often painful.

Management

Sit with good posture, and often a small back support is helpful. Avoid sitting on low surfaces. Do not sit for long periods of time, get up and take a few steps every 30 minutes. When driving, the seat should be positioned so that you are not reaching for either the pedals or steering wheel. Do not bend forward at the waist to reach for the ground. Improve your body movements by bending at the hips and knees keeping the back straight.

Common Rehabilitation Exercises



- Take a breath in, blow out through your mouth and tense your abdominals as you would with a “Hiss” sound or as you would with coughing. Hold 5 seconds and relax.



Abdominal Bracing with Marching

- Take a breath in, blow out through your mouth and tense your abdominals as you would with a “Hiss” sound or as you would with coughing. Gently lift one leg as shown above and return.



Quadruped Rocking.

- Get onto hands and knees. Tuck in chin and straighten back. Tense your abdominals as in prior exercises and gently rock backwards.
- Repeat 20 times