

Rounded Backs: Leaning Forward and the Link to Leg Function

Important Points:

Range of motion in the hips is eventually affected when we are in a leaning forward posture. A leaning forward posture can impact the way you walk, causing limitations to normal hip movements and functions.

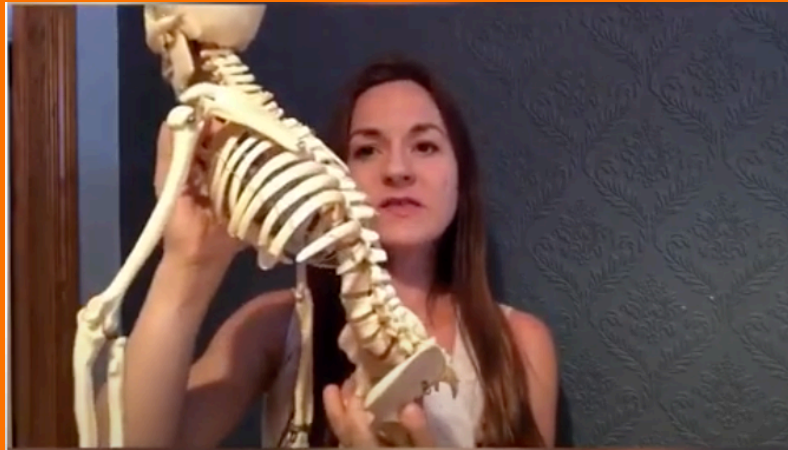
Understanding

Moe is so used to being like this (leaned forward,) that even when we play this little game called “Tall as a Tree”, he thinks he's straight, but he's not. He's still kind of leaning forward.

Let's have a look at what's happening to his spine as the top part rounds. You see this curve here, that's supposed to be arched, becomes flat. And that has a whole series of challenges, for your leg, to move back when you're actually walking. So you find when you go to walk, because you're flexed at the hips, that you don't actually get that hip extension or coming back motion of your hip for normal range of movements. So we've got tightness and we've got weakness and we've got some problems that we could work on.

The Exercise

Join us at <https://movement.myhomephysio.ca> for physiotherapist led exercises which can help you increase the range of motion and prevent rounded back. We cover prevention exercises as well as strengthening tips to help support that lower back and increase hip movement and functionality.



If you have any questions, I always want to hear from you.

Need Help?

Visit me at <https://myhomephysio.ca/>