

How rounding your back can reduce back pain

Rounding the back has long been labelled a poor and dangerous position for the back to be in. Whilst this is true for some individuals and for some exercises/movements it is not always the case.

For those athletes or individuals that live in lumbar extension, getting into a degree of flexion, or a more rounded back position is often necessary to correct their movement fault.

Particularly in the athletic community we see a large quantity of extension related back problems. This is largely due to the large amount of time periods these athletes are spending in an extended position. Standing, walking, running and the majority of gym based exercise are in a position of relative extension.

In addition, due to anteriorly rotated pelvis position, commonly seen in upright standing sports, it means that these athletes are generally living in lumbar extension.

The front plank is a great exercise to develop anti-extension core stability/strength however, for those individuals that hang out in extension, it can be problematic. What these individuals try to do is load directly into extension, which is the movement we are trying to prevent.

This will look like this.....

Front plank: Incorrect position (in extension)



By putting the pelvis in a position of relative flexion, or rounding the back, will take the individual out of lumbar extension and into a better position for the front plank exercise. Loading in flexion in this position is safe, as there is limited load generated through the lumbar spine.

Cue to engage the anterior core muscles, keep the ribs down and breathe using diaphragmatic breathing cycles. The picture below shows the front plank performed in a position of relative flexion.

Front plank: Flexed position



Have a blast and let me know what you think.

If you would like to read more on how to get out of lumbar extension [click here](#)

Thanks for reading

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