Everyone has a natural mild curve of the spine. When you lie flat on the floor, you should still have a gentle arch from the top of your pelvis to your middle back. A swayback (technically called hyperlordosis) exaggerates this curve. When standing, even if you’re slender, a person with swayback posture will have a pooching belly that seems to pull the spine forward. Your pelvis tilts forward unnaturally throwing your balance out of whack and forcing your lower back to compensate. Your shoulders sit way back, and you head thrusts forward.

This hyperlorsosis, may be the cause of many people back pain, also can be the cause of not practicing sports of many people. Kim, et al. concluded in their study that "An imbalance in trunk muscle strength can influence significantly lordotic curve of lumbar spine and might be one risk factor for potential low back pain".

That is why we offer a series of exercises to strengthen the muscles that are weakened by this pathology, as well as to stretch the muscles that are "shorten" or rigid.

Therefore, we recommend this small exercise routine that in addition to helping solve this problem, will facilitate the work of the muscles involved in retroversion of the pelvis.
Exercises:

Stretching: