Most probably you have remote administration enabled on the router. This is most commonly port 8080.
So http://1.2.3.4:8080 (your IP) would connect you to your router CP locally or remotely.
If you haven't changed the logon credentials and they're still the defaults, then your open to the whole interweb my friend!

If you can logon to the router CP then you're lucky, if not then I would suggest you find the hard reset button on the router to reset the settings back to default and THEN lock it down!