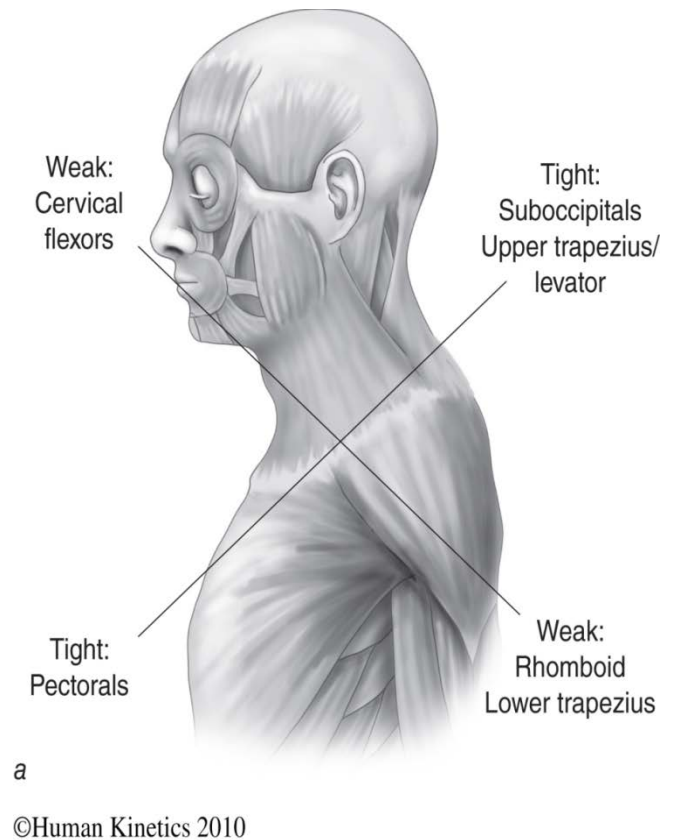


Upper Crossed Syndrome

- What is Upper Crossed Syndrome?
 - Constellation of postural and muscular changes that occur in a predictable pattern that can predispose patients to
 - Neck pain
 - Upper Back and shoulder pain
 - Impingement syndrome
 - Thoracic outlet syndrome
 - Carpal Tunnel Syndrome
 - TMJ dysfunction
 - Recurrent “knots” or trigger points
- Upper Crossed Postural Changes
 - Forward Head Posture
 - Extension of the head and upper C-spine
 - Increased kyphosis of the C/T junction (Hump at base of the neck)
 - Protracted and internally rotated shoulders
- These postural changes correlate with specific muscle imbalances
 - Tight muscles
 - Scalenes
 - Latissimus dorsi
 - Subscapularis
 - Levator Scapulae
 - Upper Trapezius
 - Sternocleidomastoid
 - Pectorals
 - Suboccipitals
 - Cervical Erector Spinae
 - Weak muscles
 - These weakened muscles then allow for inappropriate joint motion and excessive wear and tear
 - Infraspinatus
 - Deltoid
 - Deep cervical flexors
 - Middle & Lower Trapezius
 - Serratus Anterior
 - Rhomboids
 - Supraspinatus
- Treatment
 1. Stretch the tight muscles
 2. Strengthen the weak muscles
 3. Re-education about proper posture and correct muscle firing patterns



1



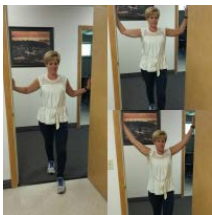
Repeat 10 Times
Complete 1 Set
Perform 1 Time(s) a Day

Cervical Extension with Towel

Place towel at the top of your neck, below the base of your skull. Hold the towel straight in front of you and pull your chin back so that your ears line up with your shoulders.

Next, extend your head upwards through each vertebrae and then return to original position.

2



Repeat 1 Time
Hold 20 Seconds
Perform 1 Time(s) a Day

Doorway pectoral stretch (3 position)

Standing in a doorway, one foot in front of the other, hands on the doorjam.

-start with hands at shoulder height, elbows down like a "W". Gently shift weight forward until you feel a stretch.
-Raise arms up so elbows are at shoulder height (can rest on the doorframe) and shift forward until you feel a stretch.
-Arms up overhead, shift forward until you feel a stretch. Always avoid pain!

3



Repeat 10 Times
Hold 20 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

Anterior/Med Scalene Stretch

Pull your head to the side with one arm while the other arm stays in a relaxed position by your side.

Next look towards the ceiling while you are continuing to pull with one hand.

Finally, apply a chin tuck to the final position for the final stretch.

4



Repeat 15 Times
Perform 1 Time(s) a Day

Wall Snow Angel

Begin standing against wall with elbows abducted to 90 degrees and shoulder blades retracted (pulled in and down) and cervical spine in a chin tuck. Without shrugging shoulders, slide bent arms up the wall as if making a snow angel. Return to starting position without allowing shoulder blades to round.

5



Repeat 15 Times
Hold 5 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day

Scapular Retraction

Retract shoulders back, squeezing shoulder blades together.

Hold for 5 seconds for 10-20 repetitions

6



Repeat 25 Times
Hold 0 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

Shoulder Scaption Circles

Raise your arms upward at a 45 degree angle, as if asking for a hug (shape of a "V"). With palms up, and fingers bent, do 20-30 small circles. Then repeat with 20-30 small circles with palms facing down.

Begin without weights and once strength has improved then add 1-2 lbs weights.