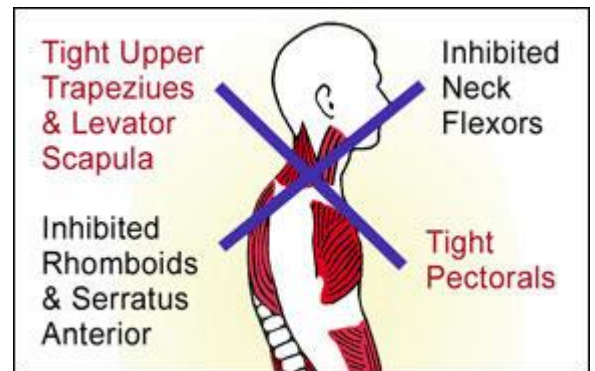


UPPER CROSS SYNDROME

What is it?

A common pattern of muscular imbalance that often develops from prolonged office/computer work or sitting with poor posture. The presentation is rounded shoulders and a forward-head position. The large muscle groups become sore and overactive/irritated, while the smaller “core” muscles are inhibited or turned off. Consequently, stress is placed on the joints and ligaments, resulting in pain and decreased range of motion



Common Symptoms

Neck pain, stiff shoulders, headaches (often called “tension-type” headaches), stiff upper/mid back, shoulder/arm pain and/or numbness, and “cracking” around the shoulder blade

Common Causes

- Poor Posture
- Long hours sitting at a computer, desk, or in the car
- Previous injury (car accident)

What can you do at home?

- Gentle stretching of tight musculature
- Exercises to strengthen weak or inhibited muscles that support the neck and shoulders
- Avoid prolonged positions (take “micro-breaks” and monitor posture)

How is it Treated?

- Soft tissue treatments to target tight and tender muscles (massage, Active Release Technique)
- Joint manipulation or mobilization to improve joint mobility
- Postural re-training, muscular re-education, strengthening of shoulder blade or “scapular” muscles (the “core” of the shoulder)