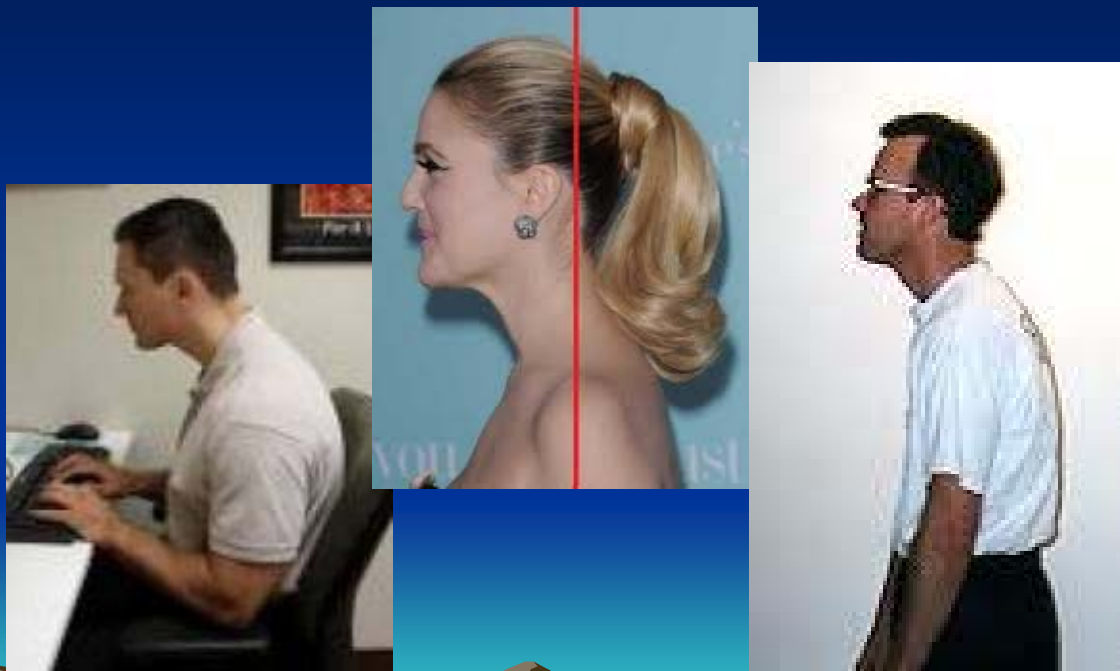
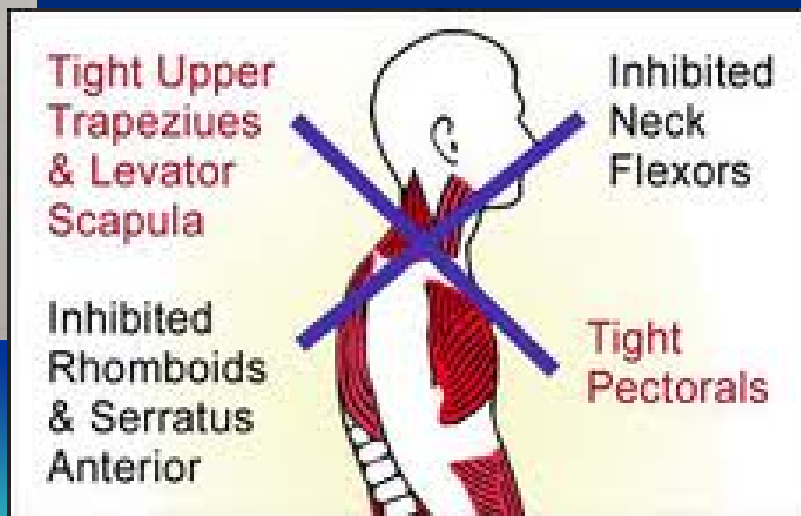
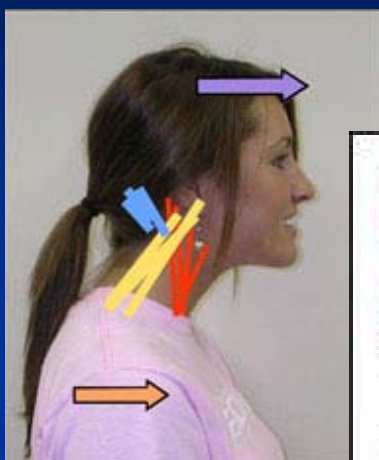


Upper Cross Syndrome



Upper Cross Syndrome



Upper Cross Syndrome

TIGHT & OVERACTIVE

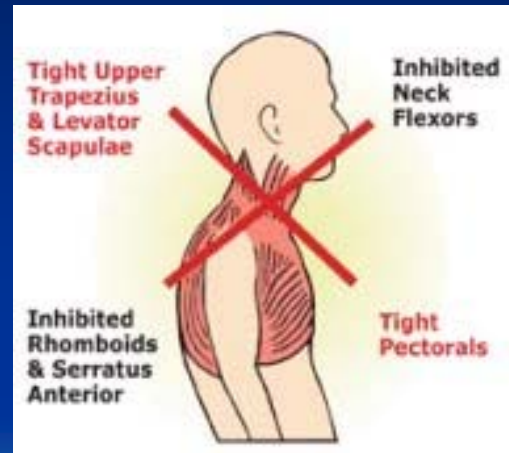
Suboccipitals

Upper trapezius

Levator scapula

Pectoralis

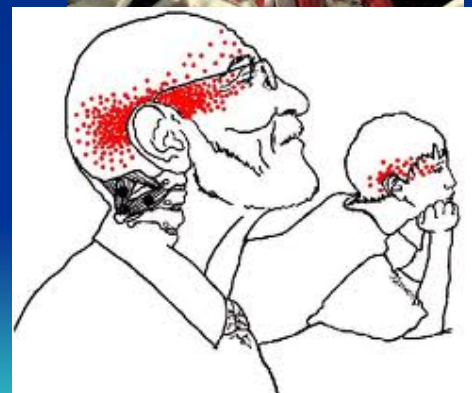
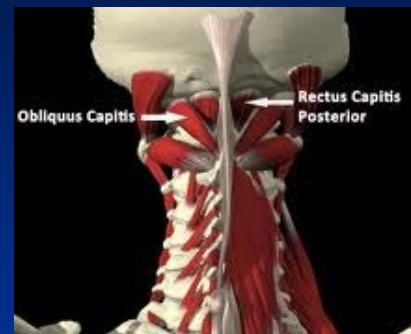
SCM



Suboccipitals

Action: extend head on neck
elevate chin

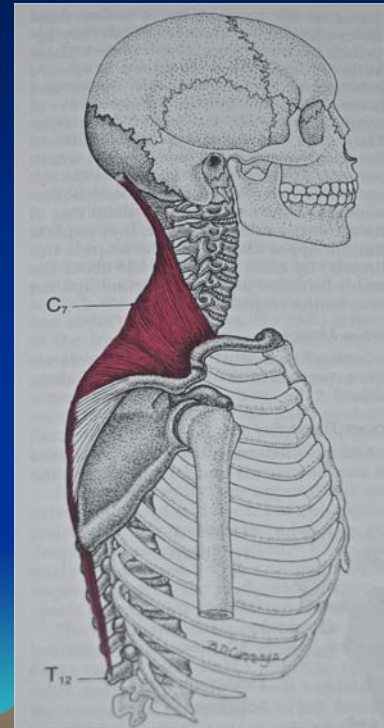
Symptoms: trigger point
headaches
deep headache
neck stiffness



Upper Trapezius

Actions:

- Extends and laterally flexes neck and head
- Rotates head away
- Elevates and rotates clavicle posteriorly
- Supports scapula during GH flexion and abduction – scapulohumeral rhythm



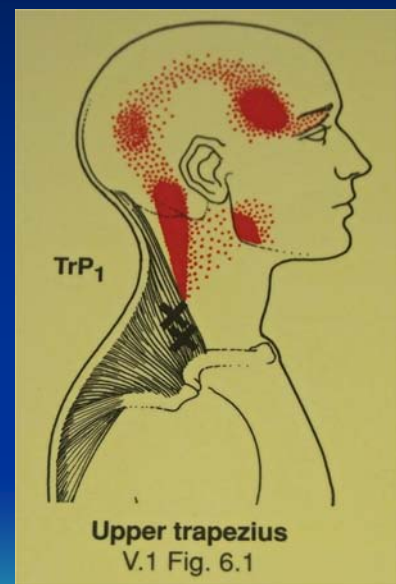
Upper Trapezius

Symptoms:

Referred pain

- Central TrP at mid-portion of anterior border
- Posterolateral neck to mastoid
- Behind ear
- Temporal area

Part of “tension-type headache”



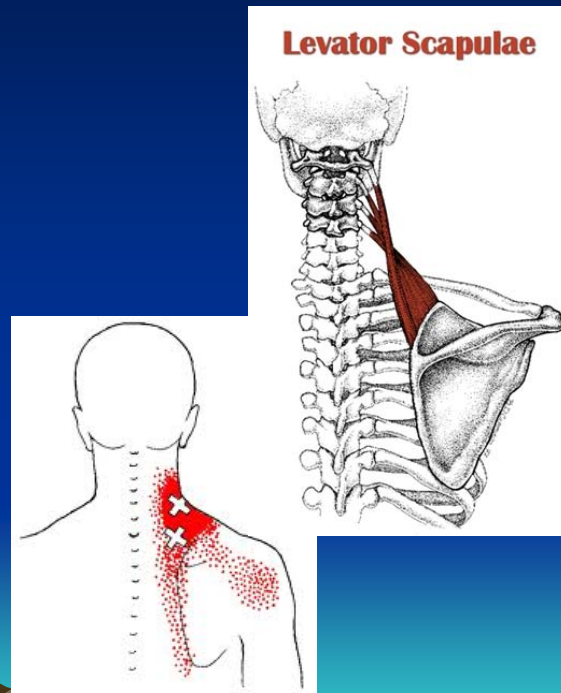
Levator Scapula

Actions:

- elevates scapula
- laterally flexes head

Symptoms:

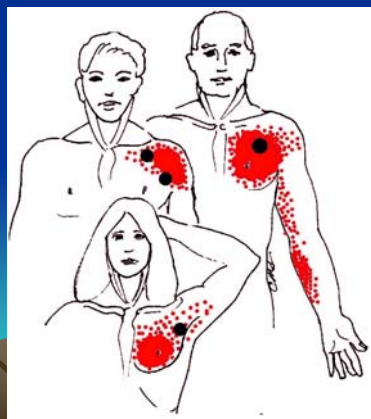
- neck pain
- shoulder and scapula pain



Pectoralis major

Actions:

- Protracts scapula
- adducts and horizontally adducts arm



Symptoms

- Chest wall pain
- axilla pain
- medial arm pain

STERNOMASTOID (SCM)



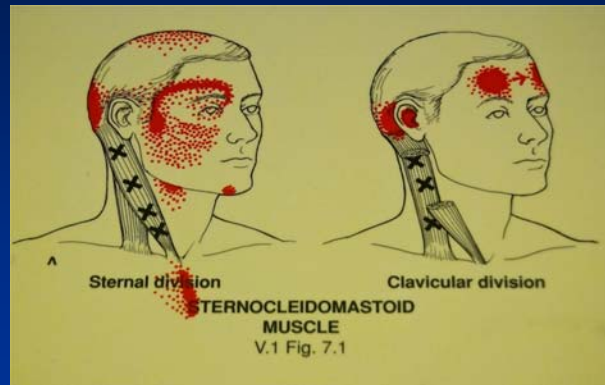
Actions:

- Unilaterally – extends head, rotates head away, laterally flexes head toward
- Bilaterally – elevates chin, anterior translation, flexes lower neck

SCM

Symptoms:

- Clavicular division
 - Frontal HA
 - Deep ear, posterior auricular, cheek, molars
 - Autonomic: postural dizziness, syncope with head movement, nausea
- Sternal division
 - Upper sternum
 - Cheek, maxilla, supraorbital, eye
 - Occiput, vertex HA
 - Autonomic: lacrimation, conjunctival reddening, tinnitus, maxillary congestion, spasm of orbicularis oris, coryza



TREATMENTS

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Stretch Tight/Overactive Muscles

Suboccipitals - chin tuck exercise

Upper trapezius – ear to hip stretch

Levator scapula – nose to hip stretch

Pectoralis major – doorway stretch

Sternomastoid – supine rotation with chin tuck



Upper Cross Syndrome

Weak and Inhibited Muscles

Deep neck flexors
Lower neck extensor
Middle and lower traps
Rhomboids
Serratus anterior



Deep Neck flexors & Lower Neck Extensors

Strengthen with Posterior translations

- Stand with back to wall
- Arms by side with palms forward
- Head tall, chin tucked level, pillow behind head
- Pull head straight back with NO chin elevation (“smash the pillow”)
- Hold 5-10 seconds; 10 reps



Middle/lower Trapezius Rhomboids

Strengthen with “Reverse Flys”

- Lay across gym ball
- arms extended with thumbs pointing up
- bring elbows toward tailbone and bringing shoulder blades downward



Serratus Anterior

Strengthen with “PressUps”

- In push-up position, back, legs and arms straight
- Push chest upward using shoulder muscles
- Don't bend arms or sway back
- Increase difficulty: toes on gym ball!!!



Posture Breaks



Standing Brugger's

- Feet 8" off wall, shoulder width apart
- Posterior pelvic tilts and flatten lumbar spine
- Head tall, chin tucked level
- Elbows bent at 90 and touching ribs
- Externally rotate arms to wall
- Hold 15 seconds
- 3 per day (or more)

Ergonomics



Computer ergonomics – 90 degree rule

- Knees, hips and elbows at 90 degrees
- Center of monitor 2-3 inches below eye level
- Wrists supported while typing
- Head tall, shoulders back

Eyewear –

“Computer” glasses