UPPER CROSS SYNDROME - Upper Crossed Syndrome (UCS) is described as a muscle imbalance pattern located at the head and shoulder regions. It is most often found in individuals who work at a desk, computers or laptops or who sit for a majority of the day and continuously exhibit poor posture. It is the over activity and tightness of the upper trapezius, levator scapulae, sternocleidomastoid and pectoralis muscles, and reciprocal weakness and lengthening of the deep cervical flexors, lower trapezius & serratus anterior. This imbalance of the muscles at the head and shoulder regions will result in postural changes and movement dysfunction for individuals who present with UCS. Individuals who present with UCS will display a forward head, hunching of the thoracic spine (rounded upper back), elevated & protracted shoulders, and scapular winging and decreased mobility of the thoracic spine.

Below are some of the common health problems that can arise from chronic Upper Crossed Syndrome:

- Trigger Points and fibromyalgia
- Neck pains.
- Ache or burning in the shoulders
- pins and needles, or other referred symptoms into the arms and hands
- Rotator cuff strains and other shoulder problems
- Breathing disturbances
- Migraines and tension headaches.

TREATMENT:
The basic aim of treating a UCS is stretching the tight muscles and strengthening the weak and elongated muscles. Here are a few exercises to begin with.
Stretches

1. Levator Scapulae Stretch

2. Upper Trapezius Stretch

3. Pectorals Stretch

2. Improve Thoracic Extension
Strengthening

It basically involves strengthening the weak scapular stabilizers which are the rhomboids, middle and lower trapezius, serratus anterior; and the deep flexor muscles of the neck.

1. Deep Neck Flexors
2. Rhomboids

3. Middle and Lower Trapezius
4. Serratus Anterior

The other most important factor is proper ergonomics. When sitting in front of the laptop, ensure that:

1. The screen is right in front of your eyes. No poking chin or facing downwards.
2. The keyboard should be at a level such that your elbows are bent at 90 degrees shoulders slightly back and wrist remain in neutral position with feet well supported on the ground and back erect.

At Physiorehab we conduct this program for corporate and office goers.

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