BIOTUNE
CHIROPRACTIC

Upper Crossed Postural Syndrome

A video of these exercises can be found at
http://www.biotunechiropractic.com.au/neck-pain/

A= Tight/Tired Muscles:
Suboccipitals, upper traps, levator scap, Pecs.

B= Weak/Long muscles
Deep neck flexors, rhomboids, lower traps seratus anterior

Stage 1: acute pain:

Heat pack to relieve muscle ache. (as much as you like)

Do these prescribed stretches every hour, holding each stretch for 5 deep breaths.

1. **Stretch top of Shoulders (upper traps).**
2. **Stretch Chest (Pecs).**
3. **Stretch front of neck (sternocliedomastoids and scalenes)**
4. **Stretch mid back (levator scap/ parraspinals/ rhomboids)**

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Stage 2: Stabilisation.

Deep Neck Flexors:

1. **Neck endurance (build to 2 mins)**

Lower Traps, Rhomboids, Lats

2. **Scapular Setting: (build to 3 one minute holds)**

Anterior Scalenes

3. **Scapular Push-ups (build to 2 sets of 20)**

Stage 3: Strength and Conditioning.

1. **Deep Neck flexors**
   a) Rotations, (20 each side)
   b) Ear to shoulders, (20 each side)
   c) Neck flexions (20 each side)

   Mid back
2. **Pull downs (theraband) (3 sets of 15)**
3. **Rows (theraband or on machine) (3 sets 15)**
4. **T a-ulls (3 sets of 10)**

6. **Fish Sizing (3 sets of 10)**
7. **Pull ups (3 sets of 10)**
8. **Scapular Push ups (3 sets of 20)**

Stage 4: Maintenance:

Ongoing!!

1. Join Pilates or Yoga or Tai Chi, or get a personal trainer, or join a sport you enjoy but DO SOMETHING active that will engage a range of muscles and keep your body moving!
2. Reduce the causing factors eg: Have your workstation assessed for correct ergonomics.
3. **Get regular Checkups** with your chiropractor to make sure you biomechanics are working!