

Upper crossed syndrome pdf

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Weakness of the deep cervical flexors, ventrally, crosses with weakness of the middle and lower trapezius. In UCS, tightness of the upper trapezius and levator scapula on the dorsal side crosses with tightness of the pectoralis major and minor. This pattern of imbalance creates joint dysfunction

Background and objectives: Upper crossed syndrome (UCS) is a common musculoskeletal condition that is characterized by tightness and weakness of the muscles of the neck, shoulders, and

Background: Upper cross syndrome (UCS) for the purpose of this study is defined as “tightness of the upper trapezius, pectoralis major, and levator scapulae and weakness of the rhomboids, serratus anterior, middle and lower trapezius, and the deep neck flexors, especially the scalene muscles.”¹ This syndrome is part of an epidemic within the better understanding of upper crossed syndrome by presenting a complete and concise clinical picture of the pathology and following through to establish an effective treatment

Upper Back and shoulder pain

Impingement syndrome

Thoracic outlet syndrome

Carpal Tunnel Syndrome

TMJ dysfunction

Recurrent “knots” or trigger points

Upper Crossed Upper Cross Syndrome

Weak and Inhibited Muscles

Deep neck flexors

Lower neck extensor

Middle and lower traps

Rhomboids

Serratus anterior

Deep Neck flexors &


In upper cross syndrome (UCS), weaker neck flexors, anterior and middle serratus and lower trapezius along with rhomboids usually develop, and stiffness of the levator ,


• **Results:** All the physiotherapeutic treatments including conventional and recent trends showed a beneficial effect on patient with upper crossed syndrome or

Describe the associated joint dysfunctions and pain syndromes that develop as a result of the muscle imbalances present in upper and lower crossed syndrome. Identify a treatment plan for patients with upper and lower crossed syndrome

In Upper Crossed Syndrome (UCS), tight muscles in the trapezius and levator scapula in the upper back ‘cross’ with tight pectoral muscles of the chest, and weak deep neck flexor muscles in the neck ‘cross’ with weak scapular stabilizers, retractors and depressors in the mid-back

Upper-crossed syndrome (UCS) is also referred to as proximal or shoulder girdle crossed syndrome. Identify abnormal muscle firing patterns present in upper and lower crossed syndrome.

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