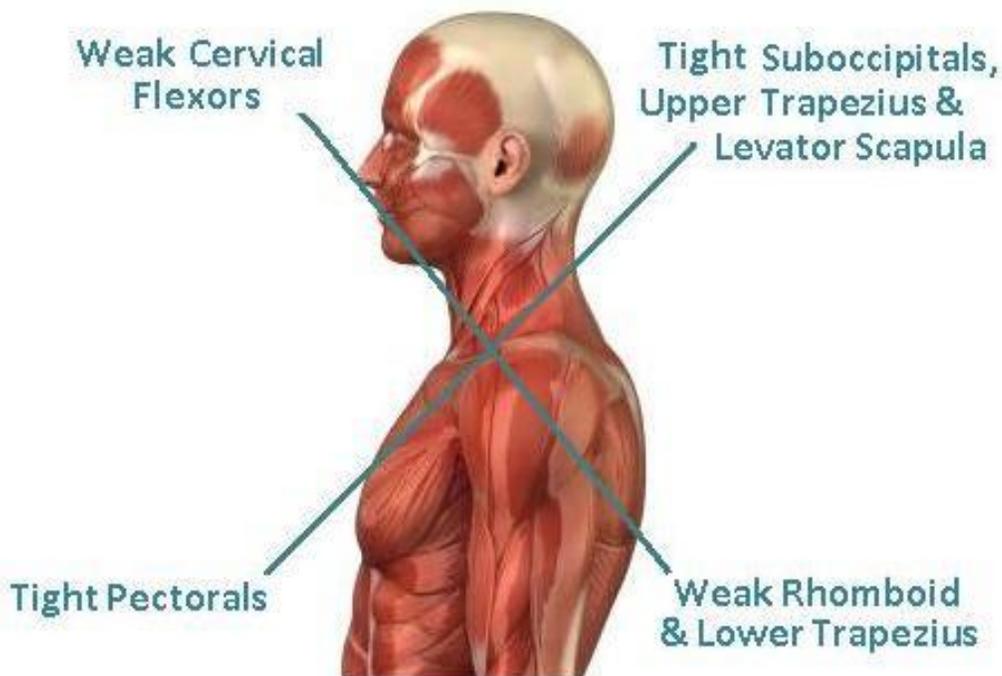
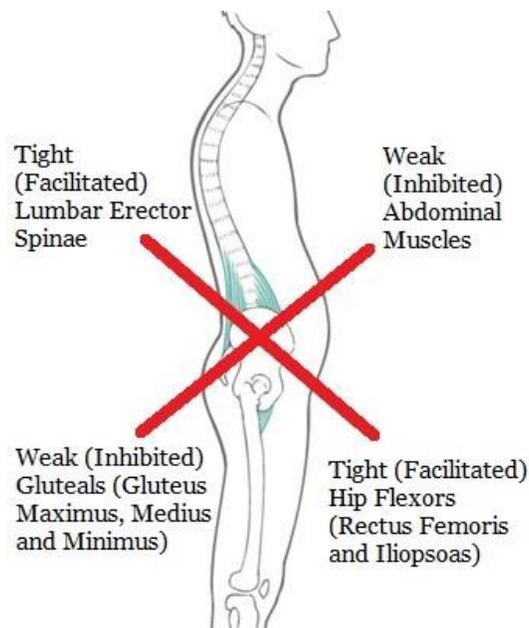


## Upper/Lower Crossed Syndrome

**Upper Crossed:** Rounded shoulder syndrome. Texting syndrome. Forward Head Carriage. A simple condition caused by muscular imbalances which can lead to complex problems. Through stress, most of us can understand why the upper trapezius musculature is usually tight and over facilitated. The reason why shoulder massages are always wonderful. The rest of the groups however are usually overlooked. Pectoral muscles go hand in hand with the upper back muscles as they become over facilitated simultaneously. Maintain neutral posture by sitting up straight and bringing the shoulders back squeezing the shoulder blades together. When squeezing the shoulder blades together, this not only stretches the pectoral muscles but asks the rhomboids to contract getting a two for one deal. For specific guidance on relieving postural conditions talk to Dr. Deimler



**Lower Crossed:** This type of muscular imbalance is also commonly seen in the lower back and pelvic region. Those that live a sedentary lifestyle (90% of Americans) are likely to develop this imbalance due to all the sitting. As we sit, our hip flexors become tight, pulling directly on the front of the lumbar spine. The increased tension causes the hips to rotate forward and the natural spinal curve to increase creating dysfunction in the region. Another cause for the increased lumbar curve is obesity or pregnancy. In both cases, there is extra weight constantly pulling on the spine. Another mentionable aspect of lower crossed is the inhibition of the gluteal and abdominal muscles. This is a serious problem as the glutes are supposed to be the strongest muscles in the body. When the gluteal and abdominals are strengthened, the muscles help to bring back the neutral position of the pelvis and lumbar spine.



Begin by stretching the over facilitated (tight) muscles first as results will be seen more quickly from stretching than strengthening. For optimal results, focus on both stretching the tight muscles and strengthening the inhibited (weak) muscles. People spend lots of money on their hobbies and toys like new trucks or shopping but the experience is different when in pain. Give yourself 5 minutes today for a better tomorrow.

