

POSTURE PRINCIPLES

FOR THE INDUSTRIAL ATHLETE

Upper Crossed Syndrome

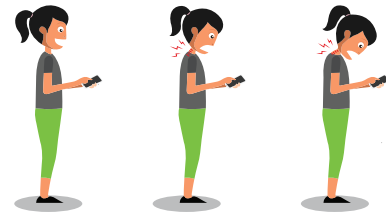
WHAT IS UPPER CROSSED SYNDROME?

The result of an unbalanced upper body. Poor posture (forward head & rounded shoulders) leads to areas that get chronically tight and others that are chronically weak.

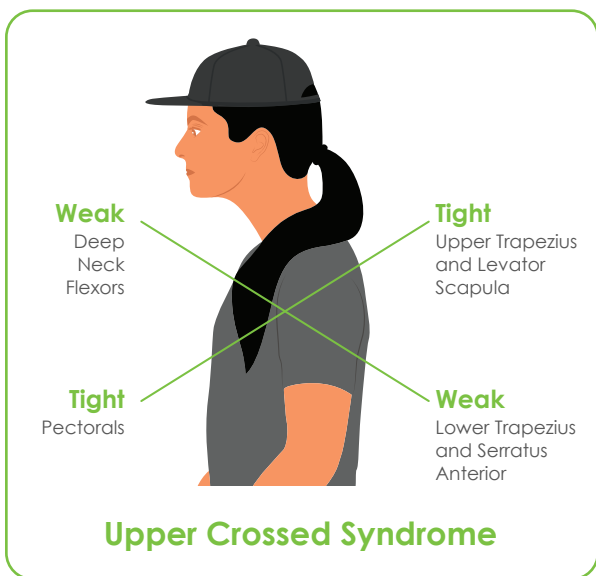
THE GOOD NEWS?

It can be fixed... AND prevented!

Bad posture is stressful to the spine.



0 degrees 12 lbs 30 degrees 40 lbs 60 degrees 60 lbs



STRENGTHEN THE "WEAK" AREAS

Rounded shoulders leave the mid and upper back long and weak. Strengthen the upper back muscles to help to hold you upright. Try out a shoulder blade squeeze throughout the day.

STRETCH OUT THE "TIGHT" AREAS

Forward head posture makes our upper neck and chest muscles shorter. Try stretching these out with a pec stretch and upper trap stretch.

Fix Your Posture With These Simple Exercises:



Shoulder Blade Squeeze

Pinch the shoulder blades, hold briefly.



Shoulder Rolls

Roll shoulders UP and BACK.



Pec Stretch

Clasp hands behind the back, open chest.



Upper Trap Stretch

Tilt head ear to shoulder, stretch gently.



Levator Scapula Stretch

Side bend your neck away, then rotate and look down towards your same side armpit. Using the same side hand, gently pull your head down.



Chin Tuck

Tuck your chin in towards your spine, elongating your spine and neck. Hold briefly.