

Body Movement Therapeutics

"The Science of a Healthy Lifestyle"

REGISTERED MASSAGE THERAPY * SPORTS INJURY THERAPY
PERSONAL & GROUP TRAINING

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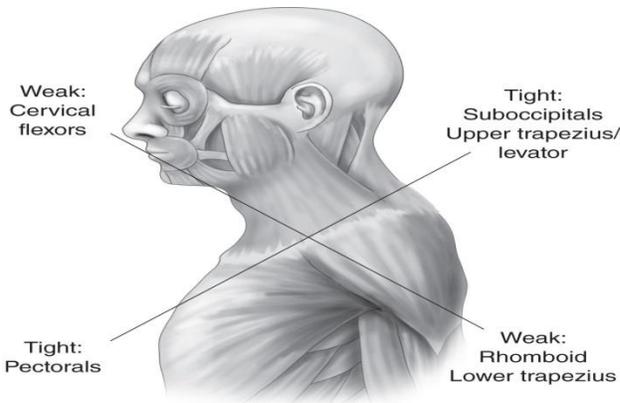
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UPPER CROSS SYNDROME



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Do you spend much of your time sitting slumped at a desk in front of your computer? Does your job require that you spend countless hours on your feet? If so... you may be suffering from what is called Upper Cross Syndrome!

Upper Cross Syndrome (UCS) is a fancy term used to describe muscular imbalances within the upper back and shoulder area. This syndrome is especially common in individuals who sit at a computer or desk all day and exhibit poor posture.

UCS is characterized by tightness in the upper trapezius and levator scapulae muscle on the dorsal, or back side of the body and pectoralis major and minor on the ventral, or front side of the body. This increase in tension in these specific areas over time causes weakness within the front of the neck muscles, as well as the mid back region. The muscular imbalance creates joint dysfunction in the neck (cervical spine), mid back (thoracic spine) and shoulder (glenohumeral joint) areas. Dysfunction can lead to instability, chronic pain and in some cases injury!

5 CHARACTERISTICS TO IDENTIFY UPPER CROSS SYNDROME

- 1. HEAD FORWARD POSTURE**- you will notice that your head will jut out forward of your shoulders
- 2. INCREASED THORACIC SPINE KYPHOSIS**- Kyphosis is an outward curvature of the spine. This will become more prominent in individuals with UCS, their upper back will become more rounded.
- 3. INCREASED CERVICAL SPINE LORDOSIS**- tightness of the posterior neck muscles causes an increase in forward curvature of the back of the neck because of the pull on the base of the skull.
- 4. ELEVATED SHOULDERS**- shoulder gradually rise towards your ears
- 5. WINGING OF SHOULDER BLADES**- shoulders become rolled forward and shoulder blades wing outward because of the weakness in mid back musculature (specifically Serratus Anterior & Rhomboids)



**CLINIC
NEWS**



**HALTON HILLS 2014
READERS CHOICE AWARDS**

**BODY MOVEMENT
THERAPEUTICS**

**ACTON'S FAVOURITE REGISTERED
MASSAGE THERAPY CLINIC
2ND YEAR IN A ROW!!!**

"We are truly honoured and grateful to receive this Award. Thank you to all of our valued clients, your continued support is very much appreciated. We look forward to helping you in 2014 to maintain a healthy pain free lifestyle!"

GIVE THE GIFT OF HEALTH & RELAXATION THIS VALENTINES DAY

Happy Valentines Day!

GIFT CERTIFICATES AVAILABLE

REGISTERED MASSAGE THERAPY
SPORTS THERAPY
TRAINING
NUTRITION & MORE

for more information...
519-853-1200

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