

How to fix or prevent UCS?

In order to restore function if UCS is present, or to prevent it from happening follow these guidelines.

1. RESETTING SHOULDERS

*it is important that we start by resetting the shoulder to its anatomically correct position. Start by doing simple shoulder rolls, pinching between shoulder blades with every repetition.

2. STRETCHING

*Overused/over activated muscles must be lengthened. Stretching out the chest and upper trapezius will help with resetting your shoulders in step 1. Stretches should be held for a minimum of 1 min a few times every day!

3. STRENGTHENING

*Weak, over stretched and under activated muscles must be strengthened. Start with working the muscles of the mid back, lower/middle trapezius & rhomboid with exercises such as a seated row. *Please contact the clinic for specific rehabilitation programs that are right for you.*

HOW POSTURE CAN NEGATIVELY AFFECT YOUR HEALTH?

Poor posture can lead to a negative chain reaction of events within our body, as it is all interconnected. UCS can cause dysfunction in our shoulders, neck and back. This dysfunction causes damage to areas that are over compensating and a decrease in stability, possibly leading to injury. Over time improper muscular activation patterns develop, which propagates the problem. In advanced cases individuals may suffer signs associated with nerve compression.

For more information or for treatment/rehabilitation of UCS please contact our trained professionals at BODY MOVEMENT THERAPEUTICS today!

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