

Upper & Lower Crossed Syndrome Stretches & Strengthening Exercises

STRETCHES

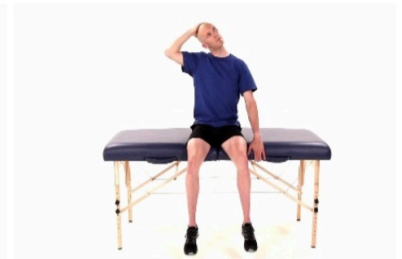
Upper Trapezius

- 1. Begin sitting upright on a table while grasping the edge with one hand***
- 2. Rotate your head up and to the side of your anchored arm and slowly lean it toward your shoulder, applying pressure with your hand until you feel a stretch and hold***
- 3. Make sure to keep your back straight during the stretch***
- 4. Do 3 sets of 10 reps, holding each stretch for 5 seconds***

Step 1



Step 2



Levator Scapulae

- 1. Begin sitting upright in a chair, grasping the edge with one hand***
- 2. Rotate your head to the side opposite your anchored arm, then tuck your chin towards your chest.***
- 3. With your free hand, grasp the back of your head and gently pull it downward until you feel a stretch and hold***
- 4. Make sure to keep your back straight during the stretch***
- 5. Do 3 sets of 10 reps, holding each stretch for 5 seconds***

Step 1



Step 2



Sternocleidomastoid (SCM)

- 1. Begin in an upright sitting position***
- 2. Place one hand on your collar bone***
- 3. Rotate your head away from that side and bend your neck backward until you feel a stretch in the front of your neck and hold***
- 4. Make sure to only stretch in a pain-free range of motion***
- 5. Do 3 sets of 10 reps, holding each stretch for 5 seconds***

Step 1



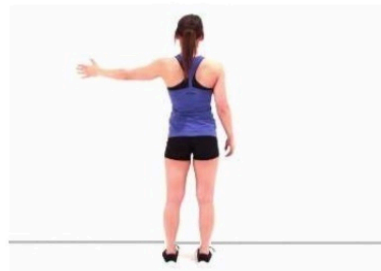
Step 2



Pectoralis

- 1. Begin in a standing upright position facing a wall with your arm straight out to your side, and your hand resting on the wall***
- 2. Rotate your trunk away from your arm until you feel a stretch in the front of your chest, and hold***
- 3. Make sure to only move in a pain-free range of motion***
- 4. Do 3 sets of 10 reps, holding each stretch for 5 seconds***

Step 1



Step 2



Rectus Femoris

- 1. Begin in a standing upright position holding onto a stable surface for support***
- 2. Bend one knee upward and grasp your foot, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh and hold***
- 3. Make sure to keep your back straight and maintain your balance during the stretch***
- 4. Do 3 sets of 10 reps, holding each stretch for 5 seconds***

Step 1



Step 2



Iliopsoas

1. Begin lying on your side with your legs straight
2. Bend your upper leg and grab hold of your foot to pull it toward your buttocks until you feel a stretch in the front of your thigh and hold
3. Make sure not to let your hips tilt forward or backward
4. Do 3 sets of 10 reps, holding each stretch for 5 seconds

Step 1



Step 2



Strengthening Exercises

Deep Cervical Flexors

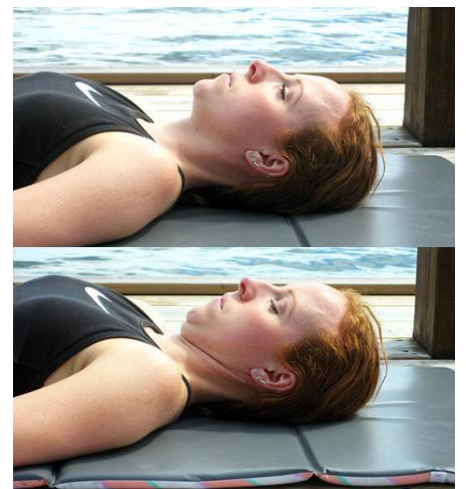
1. Stand with your head back against the wall with your knees slightly bent and your lower back relaxed against the wall
 2. Slightly nod your chin in and lengthen your neck by sliding the back of your head slightly up the wall towards the ceiling
 3. It is important to also consider correcting your vision to horizontal here. Usually if you have forward head posture and then correct your posture with this exercise, you will feel as if you are looking downwards.
 4. Hold for a count of 10-20 seconds. Repeat to fatigue.
 5. Aim for 2 sets of 8-10 reps. This is an endurance exercise and should be gentle to moderate in nature.
- Try to apply this to day to day posture as well

Standing



Lying Down

1. Laying down, with or without a pillow, whichever is most comfortable
2. Nod your chin in while lengthening your neck along the floor/pillow. Imagine making your neck longer
3. Remember to keep breathing while holding the "nod"
4. You may touch your neck muscles at the front.
You want to feel a small tightening of the muscles at the front of the neck, especially up under the jaw. Try to avoid pulling with the bigger muscles
5. Hold for a count of 10-20 seconds and repeat to fatigue.
6. Aim for 2-3 sets of 10 reps



Serratus Anterior

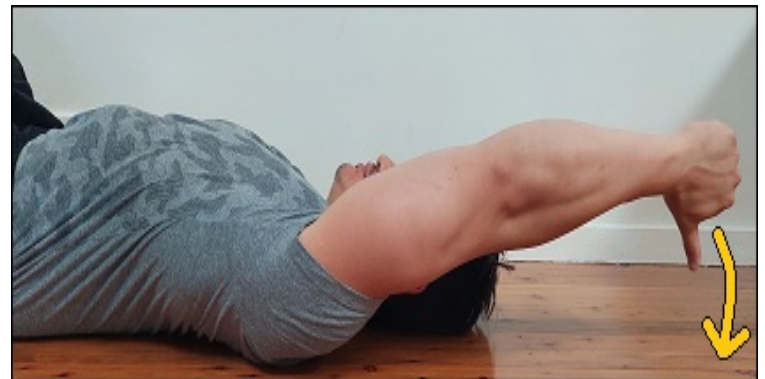
- 1. Retract shoulder blades (bring them together)***
- 2. Lower body slightly***
- 3. Push body up***
- 4. Protract shoulder blades (bring them apart)***

Scapular Push-Up



Lower Trapezius

- 1. Lie down on your back***
- 2. Keep your knees bent and both feet on the floor***
- 3. Start with your arm by your side with thumb pointing upwards***
- 4. Lift your arm over your head***
- 5. Bring the thumb as close to the floor as possible***
- 6. Avoid arching your lower back***
- 7. Aim to feel a contraction in the lower trapezius muscle***
- 8. Do 20 reps, holding each position for 5 seconds***



Abdominals

- 1. Start on your back with your knees bent and feet planted on the floor at hip width**
- 2. Line up your head and spine and cross arms across your chest**
- 3. Tighten your core and relax your neck and shoulders**
- 4. Tuck in your chin while lifting your upper back, and keeping your lower back, pelvis and feet on the floor**
- 5. Slowly lower your upper back to return to the starting position**
- 6. Do 3 sets of 15 reps**



Gluteal Muscles

- 1. Get on all fours**
- 2. Engage your core and glutes**
- 3. Keep your legs bent and raise one leg up to perform a full glute "kick"**
- 4. Do 3 sets of 10 reps and switch legs**
This can be done with or without a resistance band



- 1. Engage your core**
- 2. Hinge at the hips**
- 3. Avoid rounding your back**
- 4. Raise one leg laterally, while keeping both glutes engaged**
- 5. Avoid letting the standing leg drop**
- 6. Do 3 sets of 10 reps, alternating each leg**

