

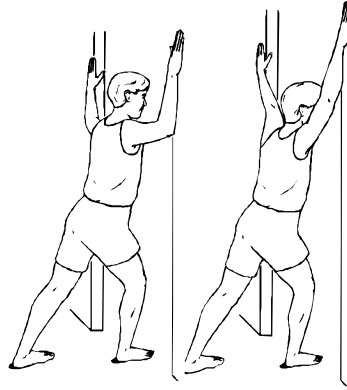


Routine For:
Created By: James Pamplin, DC

02-24-2012
Upper Cross Syndrome

CHEST - 6 Pectorals

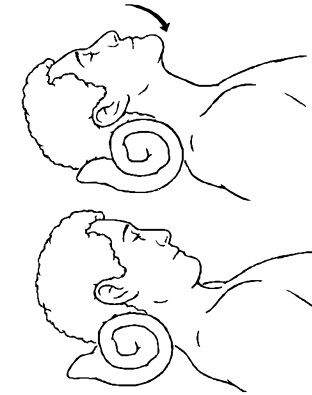
With arms forming a T, lean forward until stretch is felt. Hold 15 seconds. Slide arms up to form a V and repeat the stretch.



Repeat 3 times.
Do 2 sessions per day.

CERVICAL SPINE - 43
Upper Cervical Flexion Mobilization

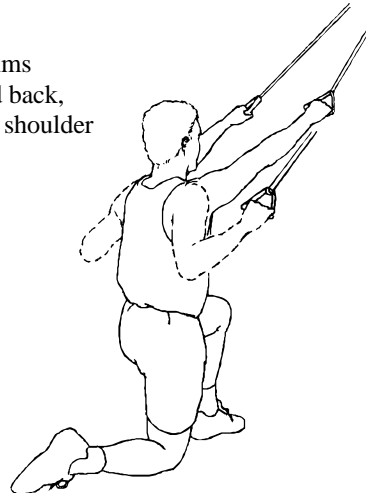
Lying with neck supported on towel roll and back of head resting on surface hold position for 5 minutes.



Do 2 sessions per day.

SHOULDER / UPPER BACK - 6 Lat Pull Down: Kneeling

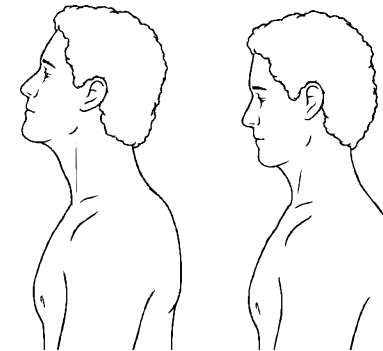
Face anchor, kneeling. Palms down, pull arms down and back, bending elbows. Squeeze shoulder blades back and down.



Repeat 15 times per set.
Do 3 sets per session.
Do 2 sessions per day.

*Anchor Height:
Over Head*

CERVICAL SPINE - 25 Flexibility: Neck Retraction



tuck chin in first then lift head off floor 1 inch. Hold for 5 seconds.

Repeat 15 times per set. Do 3 sets per session.
Do 3 sessions per day.