



Tech Neck Unplugged: Navigating the Modern Posture Challenge

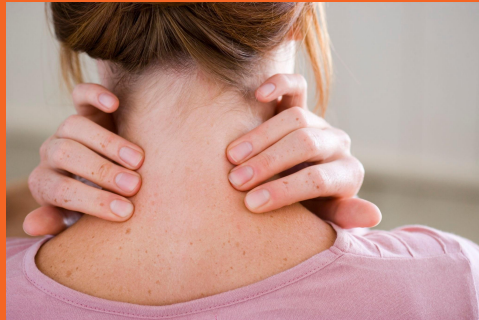
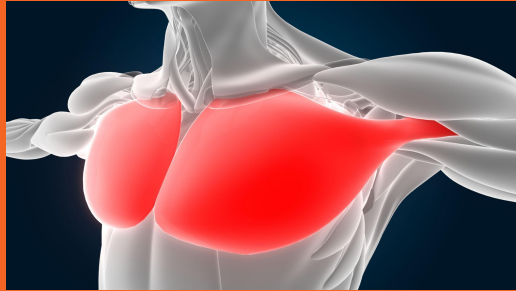
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Upper Cross Syndrome

The combination of tight & weak muscles,
which ones cause pain?

- **Tight Muscles**
Chest muscles & back of neck
- **Weak Muscles**
Front of neck muscles & middle back muscles
- **Pain Spots**
Base of skull from the pull of tight neck muscles and harsh pull forward of shoulders from pectoral muscles



Why does core & glute strength matter?

Exercises to improve function of lower body:

- ❖ Scapular Squeezes complete 10 repetitions
- ❖ Wall Angels complete 10 repetitions
- ❖ Chin Tucks complete 20 repetitions (include rotations/nodding)
- ❖ Doorway Pec Stretch hold for 20 seconds, 3-5x per day

Muscles Involved:

- ❖ **Scapular Squeezes = rhomboids & middle trapezius**
- ❖ **Wall Angels = rhomboids, middle & lower trapezius, levator scapulae**
- ❖ **Chin Tucks = cervical paraspinals**
- ❖ **Doorway Pec Stretch = pectoralis major & minor, biceps brachii, anterior deltoid**



Ergonomic Set Up

- ❖ Low back touching chair
- ❖ Arm at side straight down
- ❖ Elbow bent at 90 degrees
- ❖ Wrist as close to neutral as possible





Main Points

What to change in your everyday life:

- **Upper Cross Syndrome**
Shoulder blades back & together, Open up chest, stack spine
- **Know what your pain means**
Are you activating your muscles or are they too relaxed?
- **Awareness of desk set-up**

