



**HEAD FORWARD / UPPER CROSS SYNDROME EXERCISES**



**C/S ROM - Flexion**

Sitting tall with shoulder blades pulled down and back. Maintain an abdominal hollow. Tuck chin into neck, and slowly bend head down. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

**Notes:**



**Suboccipitals**

Sitting tall, maintaining an abdominal hollow and slight chin tuck. Elongate neck by visualizing a string pulling straight up the back of head to ceiling. Place fingertips gently on base of skull to guide movement. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

**Notes:**



**Biceps / Pecs - Ball**

Lying on back with spine extended/supported on gym ball, head hanging down in extension. Drop both arms off to the sides at shoulder level, letting arms hang, to feel a stretch across the chest and front of arms. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

**Notes:**

Patient:

ID:

Issued By:

Date: 29/08/2024 18:23:09



### Pectorals / Mid Back Extension

Sitting tall, place hands behind ears with elbows out to the sides. Perform chin tuck, raise chest up, and slowly bring elbows backward. Maintain an abdominal hollow. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



### Reverse Flys

Standing in readiness position, bent over at the waist. Hold weights down in front of chest with elbows slightly bent and palms facing each other. Raise weights up away from body in a circular motion squeezing through the mid back. Repeat. Stop if the exercise causes pain.

Sets:	1
Reps:	
Weight:	
Hold:	
Rest:	

Notes:



### Scapula Retraction

Standing in readiness position, bent over at the waist. Hold weights down in front of chest, elbows slightly bent and palms facing each other. Pull weights up and backwards by squeezing through the mid back and shoulder blades. Relax and repeat. Stop if the exercise causes pain. Stop if the exercise causes pain.

Sets:	1
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

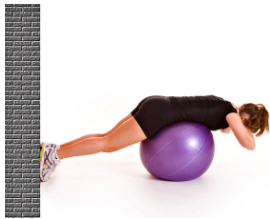


**Neck Flexion  
Concentric/Eccentric**

Sitting with neutral posture, except head and neck flexed forward. Place hand on forehead, gently pushing head back into extension. Resist the movement, but allow the hand to slowly win. Push back as far as comfortable. Return head slowly to flexed position, hand still applying resistance, but this time head is winning. Maintain an abdominal hollow throughout. Stop if the exercise causes pain.

Sets:	4-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

**Notes:**



**Back Extensions / Mid Back**

Lying with pelvis and lower abdomen supported on gym ball, with feet touching a wall and knees slightly bent. Place hands on upper back. Squeeze buttocks, raising upper body until shoulders are in line with hips and knees. Do not over extend. Maintain an abdominal hollow throughout. Hold for 3 relaxed breaths, slowly return to start position. Repeat. Stop if the exercise causes pain.

Sets:	3-4
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

**Notes:**



**Shoulder Horizontal Adduction**

Sitting, tubing attached at shoulder height. Hold tubing out to the side with thumb pointing up. Pull tubing toward midline in an arc like movement. Maintain an abdominal hollow and keep arm at shoulder level. Hold for 3 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	
4 x/week	

**Notes:**



**Notes:**

**Wall Slide / Arm Elevation**

Stand with back against wall, heels approx. 6" from wall. Maintain an abdominal hollow and chin tuck. Raise arms to shoulder level, bend elbows 90 and place back of hands against wall. Slowly squat down the wall keeping arms elevated (as if hands were taped to wall). Slowly return to starting position, repeat. Stop the exercise if it causes pain.

Sets:	4-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	