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Manual therapy for upper crossed syndrome

In present era we adapt a set of similar postural patterns during our work. Majority of people adapt sitting posture and use the computers at workplace. The constant set of postural patterns and position often leads to a common upper quadrant imbalance called as upper crossed syndrome. The term upper crossed syndrome was coined by Dr. Vladimir Janda. The upper crossed syndrome is defined as tightness of the upper trapezius, pectoralis major, and levator scapulae and weakness of the rhomboids, serratus anterior, middle and lower trapezius, and the deep neck flexors (Rectus Capitus Anterior, Rectus Capitus Lateralis, Longus Capitus, Longus Colli) and the scalene muscles. Janda named this syndrome "Upper Crossed" because when the weakened and shortened muscles are connected in the upper body, they form a cross. According to Vladimir Janda (1988), in case of muscular imbalances the tight muscles must be stretched at first followed by strengthening of the weak muscles. One of the convenient and clinically useful methods to stretch the tight muscle is the application of the Muscle Energy technique (MET). Useful manual Therapy Techniques are MET for Pectoralis Major, Pectoralis Minor, Trapezius and Levator Scapulae, Scapular Stability Training, Cervical A-P Glide, Antero-Posterior Glide (Humeral Head) and Thoracic Manipulation (Crossed hand Technique).

Biography

Umasankar Mohanty, BPT (Hons.), MPT (Manual Therapy), SRP (London), MISEP, MIAP, FAGE, PhD is the Founder and President of Manual Therapy Foundation of India®. He has completed his Bachelor's degree in Physiotherapy from SVNIRTAR, Cuttack in 1998 and completed Master's in Manipulative Therapy from Manipal College of Allied Health Sciences, Manipal in 2001. He has completed his PhD from Mangalore University from the Dept. of Physical Education and Sports in 2012. He has 32 publications in international reputed journals and magazines. He has one million visitors in Youtube for his manual therapy videos. He is author of the book titled "Manual Therapy of the Pelvic Complex, A Compendium of Illustrated Manual Therapy Techniques". He is an international acclaimed Manual Therapy teacher and has trained 12,536 physiotherapists across the globe. He is a PhD guide at Lovely Professional University, India.

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