

ASSESSING FORWARD HEAD POSTURE SYNDROME (UPPER CROSS SYNDROME)
AND TREATMENT PROTOCOL

Initial evaluation:

ROM Cervical Spine with inclinometer

	Degrees	Pain Grade
Flexion	xx/90	
Extension	xx/45	
R Lateral flexion	xx/40	
L Lateral flexion	xx/40	
R Rotation	xx/80	
L Rotation	xx/80	

Plumb posture line assessment: Testing have patient step next to suspended plumb line so front part of their lateral malleolus is in line with the plumb line.

Ideal: Through external auditory meatus-shoulder joint-greater trochanter of femur-slightly anterior midline of knee-slightly anterior lateral malleolus.

Manual Muscle testing: Graded xx/5 with or without pain

Cervical spine

Rhomboid major/minor

Middle/lower trapezius

Latissimus dorsi

Deep neck flexors

Serratus anterior

External rotators of shoulders

Flexibility Length test: Graded normal or tight

Sternocleidomastoid

Scalenes

Upper trapezius

Latissimus dorsi

Pectoralis Major(clavicular/sterna division)

Pectoralis minor

Internal rotators of shoulders

TREATMENT PROTOCOL:

1. PIR/PNF flexibility training of tight postural muscles. Initially 3 times per week for 2-4 weeks. Home stretch program for patients on off days.

2. Theraband/resistive weight training for weak postural muscles. Once muscle length goals have been met 2-3 times per week for 2-4 weeks. Home strength program for patients on off days.

Examples: rows, lat pull downs, scapular retractions, internal/external rotations for shoulder, no money, chin tucks, neck extensions, etc.

3. 1 pound head weighting training. Introduce head weighting system during resistive training exercises. Therapist must make initial assessment with head weight for contraindications such as increased pain or dizziness. If patient has dizziness due to increase excitatory proprioceptors, introduce head weight at a later date slowly after chin tuck and neck rotation exercises.

2 pound head weighting training. Introduce when patient is ready to increase resistive training.

Introduce wobble, dyna disc, and/or air-ex balance trainer. Therapist must assess patient balance first before starting balance trainer with head weight.

4. Halo rejuvenator for home use after optimal cervical curve has been restored. Follow up with patient weekly for 4-6 weeks to assess progress in restoring cervical curvature.