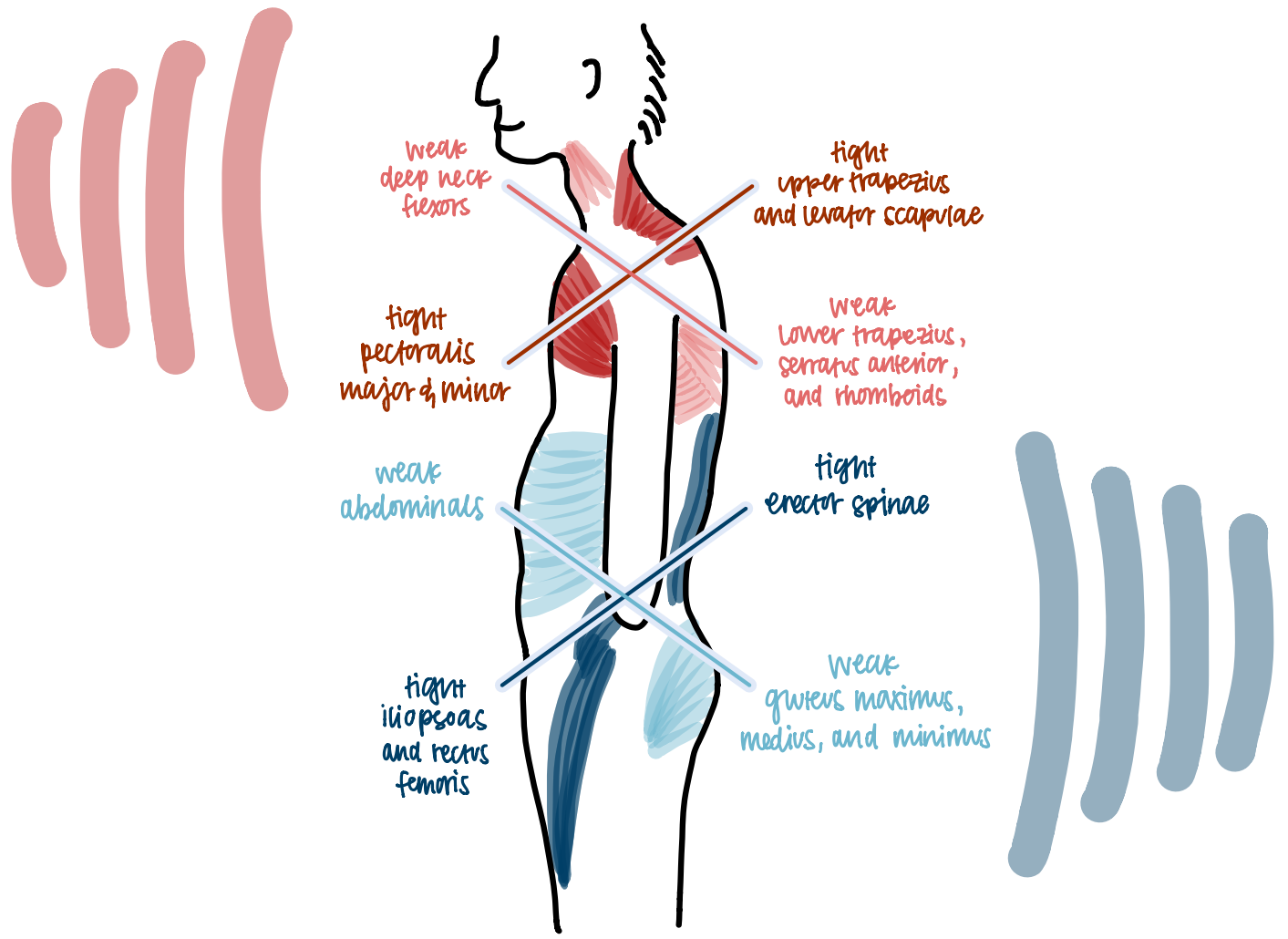


JANDA'S



UPPER CROSSED SYNDROME

- **tight** upper trapezius, levator scapulae, pectoralis major, and pectoralis minor
- **weak** deep neck flexors, lower trapezius, serratus anterior, and rhomboids
- causes elevation and protraction of the shoulder, rotation and abduction of scapula, and scapular winging
- causes forward head posture and hypermobility of C4-5 & T4 segments

LOWER CROSSED SYNDROME

- **tight** erector spinae, iliopsoas, and rectus femoris
- **weak** abdominals, gluteus maximus, medius, and minimus
- causes anterior pelvic tilt, increased lumbar lordosis, and slight hip flexion
- hamstrings usually adaptively shortened
- causes increased thoracic kyphosis and compensatory increase in cervical lordosis