

Upper Cross Syndrome

- Tight chest and neck, rounded back/shoulders, and forward head posture
- Weak muscles of upper back and deep muscles of front of neck
- Can cause neck pain, tension headaches, back pain, shoulder pain, jaw pain, heartburn, and many others
 - Exercises to help- refer to videos online at www.milehighspineandsport.com
 - Bruggen's Position
 - Sit up tall at edge of seat, turn arms out, spread fingers, and take five deep relaxing breaths around your waist
 - Think happy thoughts while performing
 - Foam Roll upper back
 - Seated upper back extension exercises

Lower Cross Syndrome

- Tight lower back and hips, protruding abdomen, and arched low back
- Weak glutes (buttocks) and weak abdominals (core, abs, stomach muscles)
- Can cause back pain, hip pain, leg pain, knee pain, hernias, and many others
 - Exercises to help- refer to videos online
 - Hip Flexor Stretches
 - Glute Bridges
 - Side planks

Balance

- Proper motion is needed at weight-bearing joints to let brain know where the body is in space. No motion=no info to the brain for balance
 - Restore motion with exercises, chiropractic, stretching, massage, etc
 - Hip flexor stretches, foam rolling, ankle stretches
- We need strength and stability in our core and glutes/legs to balance.
 - Glute Bridge, side planks
- Balance exercise progressions- refer to videos online at milehighspineandsport.com
 - 2 feet together eyes open progressing to eyes closed
 - On one foot eyes open progressing to eyes closed
 - One foot tri-planar balance eyes open progressing to eyes closed
 - Always have support nearby in case you need it. Never progress to the next step if you cannot maintain it safely for at least 15 seconds

Daily Work Recommendations

- Bruggen's Position every 30 minutes of sitting
- Get up AT LEAST every hour and walk around. While up perform 2 sets of ten of hip flexor stretches and 2 sets of ten of Ankle stretches
- While seated you can perform the upper back stretches shown on the videos

Home/Gym Routine

- Bruggen's Position with or without band for 3 sets of 10
- 2 sets of 10 hip flexor stretches followed by 2 sets of ten glute bridges
- Side Planks begin with 3 sets of 10 second holds from knees and progress to longer time, more sets, and eventually to side planks from feet.
- 2 sets of ten ankle stretches followed by Balance Progressions
 - Use your best judgement when exercising if it is increasing pain or you think you are doing it improperly make sure to consult an expert

Other things that can help with pain and restoring motion

Nutrition-

“Are You Eating Your Pain” or are you eating your other health problems

- Inflammatory foods
 - Wheat, Soy, Corn, Dairy, Processed food, artificial flavors/sweeteners, Sugar, Vegetable oil/margarine, Grain fed meat/poultry, farm raised fish, and many others
- Anti-inflammatory foods
 - Fruits, Veggies, Nuts, Seeds, Free range meats, eggs, poultry, Wild fish, Chocolate (80% cocoa or greater),
 - Many spices (garlic, ginger, turmeric, etc)
 - Cooking oils (coconut oil, ghee, pasture raised butter, olive oil)
- Starting suggestions
 - Learn to cook one new anti-inflammatory meal a week
 - Suggested cookbooks
 - Anti-inflammation Diet and Recipe Book by Jessica Black
 - Practical Paleo by Diane Sanfilippo
 - Food Rules by Catherine Shanahan
 - Cook with anti-inflammatory spices (ginger, garlic, curcumin, etc)
 - Eat at least one more vegetable a day than you do currently
 - Strive towards the 80/20 rule
 - 80 percent of your meals will follow the anti-inflammatory guidelines. 20 percent of your meals are cheat meals if you choose and you may eat food off the inflammatory list
 - For most people the 80/20 rule works very well, if you are not noticing any differences you may need to be more strict and consult a Doctor for further guidance.

Brain/Emotional Aspects to Pain

- Exercises to Help
 - Diaphragmatic breathing with positive imagery
 - Breathe all the way around your waistband 360 degrees.
 - Do something you love to do for at least 15 minutes a day and it cant be tv, work related, talking on the phone, exercise, internet, etc
 - Needs to be truly relaxing whether prayer, meditation, relaxation techniques, calm walking, etc.
 - Repeat positive phrases and visualize your body healing itself. Performed 5 times a day for best results
 - Recognize potential brain/emotional pain triggers. We may not be able to change these things but if we can recognize them as pain triggers this can give relief
 - Remember that often in chronic pain, the brain is on “hyper-alert”
 - The alarm is going off from the wind and not an intruder. No further damage is being done. You control your response

My Challenge to You

- Pick at least one of the aspects of pain we discussed today that you think would make the biggest difference in your life
 - Start with the suggestions for that topic as listed TODAY!!
 - Find someone to coach you or hold you accountable. How you are going to implement it into your life? Start simple and build up
 - Please send an email to let me know what you chose and for 2 weeks update me on your progress/questions
 - If you have any further questions my email is drryan@milehighspineandsport.com, you can also find all the presentation slides, notes, and videos online at **MileHighSpineandSport.com**