Get un-Xed

If you spend your work time hunched over a computer or your job requires hours of standing, you can end up with the upper back pain and headaches that are symptoms of upper cross syndrome (sometimes called "upper crossed syndrome").

Its name comes from the crisscrossed location of tight muscles and correspondingly weak muscles in our upper body. Specifically, when we work at our computers, we often tighten, and shorten, muscles at the base of our skull and in our upper chest. That causes weakening and lengthening of neck muscles in front of our vertebrae and in our upper back. The extreme result of upper-cross syndrome is the classically hunched-over elderly woman with rounded shoulders and head shifted far forward—but younger people can develop similar posture problems.

To correct the situation, we need to periodically reverse the shortened/lengthened "cross," which can be done with gym equipment but also sitting right there at your desk. Stop and gently move the chin straight backward, not tilting the head up or down, and hold the position for 3-5 seconds (repeat the movement 10 times). To strengthen the upper back and stretch the tight chest muscles, squeeze the shoulder blades toward each other, as if you were holding a pencil between them, and then move them down toward the floor (relax and repeat).

Whether we sit, stand, or combination of the both, we can still be fit!

1 - Desk worker posture - www.youtube.com/watch?v=k8D3dugGSS8
2 - Avoid upper cross syndrome and maintain rotator cuff stability - www.active.com/fitness/Articles/Avoid_upper_cross_syndrome_and_maintain_rotator_cuff_stability.htm
3 - Upper Cross Syndrome - www.youtube.com/watch?v=t56E1OG2XAg