

## Outline

### UPPER CROSS SYNDROME (UCS) AND TEXT NECK – ARE THEY THE SAME?

- How does UCS present as opposed to Text Neck?
- Imbalances in the upper extremity that can cause UCS and Text Neck
  - Weakened and shortened muscles
  - Physiology of postural or tonic muscles
  - Physiology of phasic or type 2 muscles
  - Joint involvement
  - Nerve involvement
- 3 easy signs to know if someone has either UCS or Text Neck
  - Additional symptoms
- Cautions and contra-indications to be aware of

- “Sinus” headaches
  - Occipital nerve impingement
  - Trigger point referral pain
  - Muscle release
  - Stretches
- Difficulty swallowing and sore throat
  - Deep cervical flexors
  - Trigger point referral pain
  - Strengthening movements
- Dowager’s hump
  - Compressive forces at transition zones
  - Strengthening movements

### Hands-On Lab

- Demonstrate Protocol when faced with UCS
- Sherrington’s Law
- Hilton’s Law
- Locked short muscles
- Locked long muscles
- Prone
- Practice stretches and strengthening movements

### IDENTIFY FUNCTIONAL TREATMENT GOALS

### HOW TO USE RECIPROCAL INHABITATION TO UNDUE PROGRESSIVE, POOR POSTURE

- 4 simple steps to relax and lengthen locked, short muscles
- 4 simple steps to unlock long muscles

### HOW TO ASSESS VARIOUS SYMPTOMS AND RESTORE CLIENT’S MOVEMENT AND POSTURE

- Rotator cuff injury and shoulder pain
  - Trigger Point referral pain
  - Decentration of humeral head
  - Muscle release
  - Stretches
- Thoracic Outlet Syndrome
  - Acromioclavicular impingement
  - Trigger point referral pain
  - Muscle release
  - Strengthening movements
  - Stretches

### Who Should Attend

- Physical Therapists
- Physical Therapist Assistants
- Massage Therapists
- Occupational Therapists
- Occupational Therapy Assistants
- Athletic Trainers
- Fitness and Personal Trainers

### What to Bring

(Suggested, not required)

- Massage table
- Set of sheets



PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advanced online registration required.**



### Live Seminar and Webcast Schedule

(Times in Eastern)

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

**12:00-1:00** Lunch (on your own)

**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.



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## Innovative Treatments for Upper Crossed Syndrome

Reduce Pain, Promote Healthy Posture & Restore Functional Movement

**Asheville, NC**  
June 5, 2019

**Charlotte, NC**  
June 6, 2019

**Raleigh, NC**  
June 7, 2019

**Live Video Webcast**  
June 7, 2019

## Innovative Treatments for Upper Crossed Syndrome

Reduce Pain, Promote Healthy Posture & Restore Functional Movement

- Effective strategies to assess and manage UCS and other look-alike disorders
- Support functional movement and reduce pain with simple strengthening movements
- Restore healthy, supportive posture – for your clients and yourself – with exercises and stretches you can use tomorrow
- Save your hands with self-care tips and client homework techniques

**Asheville, NC**  
Wednesday, June 5, 2019

**Charlotte, NC**  
Thursday, June 6, 2019

**Raleigh, NC**  
Friday, June 7, 2019

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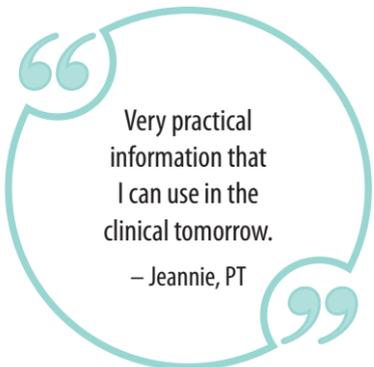
A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

## Innovative Treatments for Upper Crossed Syndrome

A client walks into your office with Upper Crossed Syndrome. He has a stooped posture, a bent-forward neck, and is complaining of neck pain, frequent headaches, lockjaw, and swallowing irregularities. You soon find the techniques you've been taught in school just don't seem to relieve the pain or restore supportive posture. Plus, the amount of time you spend with manual therapy makes your hands not as strong as they need to be for your next client. You wind up frustrated with minimal results and your client finally seeks another therapist to solve the pain puzzle.

Michelle Burns, a retired nurse and LMT for more than 20 years, specializes in postural distortions because she experienced UCS firsthand.

With Michelle's unique and comprehensive plan, you'll be able to not only reduce that client's pain in less time but save your hands in the process. Get the satisfaction that you are restoring the client back to his regular activities for daily living (ADLs). Watch your confidence level rise to tackle UCS and other postural distortions when you encounter them with other clients.



Very practical information that I can use in the clinical tomorrow.  
— Jeannie, PT

## Speaker



**MICHELLE BURNS, BSRN, BSAIt Med., LMT, MTI, CEP, BCMT**, is a Licensed Massage Therapist and Massage Therapy Instructor with over 20 years of experience in massage as well as more than 20 years of experience as a Registered Nurse in surgical and intensive care. She is the founder and director of Advanced Holistic Healing Arts, a medical and clinical massage business that offers advanced training and continuing education for therapists. Ms. Burns believes in the benefits of both traditional medicine and complementary therapies, and works to incorporate both the science and art of techniques in her practice and classes. While managing the intensive care unit, she implemented the use of massage to decrease the need for pain medication as well as maintain muscle strength and suppleness during long periods of patient immobilization Ms. Burns maintains a professional practice when not traveling. To learn more about Ms. Burns, please visit her website at [holistichealingarts.net](http://holistichealingarts.net).

### Speaker Disclosures:

Financial: Michelle Burns is the owner of Advance Holistic Healing Arts. She is a faculty member at A New Beginning School of Massage. Ms. Burns receives a speaking honorarium from PESI, Inc.  
Non-financial: Michelle Burns is a member of the Texas Coalition of Massage Schools and Instructors.

## Objectives

- Identify the key movement patterns involved in Upper Crossed Syndrome (UCS).
- Distinguish between UCS and other look-alike disorders with 3 unique identifying markers.
- Assess 4 steps to lengthen locked, short muscles and unlock long muscles.
- Discover effective strategies for addressing musculature issues involved with UCS.
- Demonstrate effective techniques to restore muscle balance, healthy movement, and posture.
- Practice stretches and simple strengthening movements to address symptoms.



Very helpful, not only for my posture but for my patients as well. This will end the cycle of pain.  
— Katie, PTA



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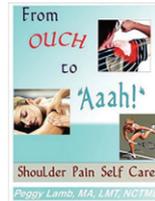


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## Live Seminar Continuing Education Credit Information

**Credits listed below are for full attendance at the live event only.** After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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**PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

**NORTH CAROLINA PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** PESI, Inc. is an approved provider with the Illinois Division of Professional Regulation, Provider Number: 216-000071. This intermediate course is approved by the North Carolina Board of Physical Therapy Examiners by virtue of PESI, Inc. approved provider status with the Illinois Division of Professional Regulation. This course qualifies for 6.0 continuing education hours. PLEASE BRING YOUR LICENSE NUMBER WITH YOU TO THE PROGRAM.

**SOUTH CAROLINA PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS:** This course has been submitted to the South Carolina Physical Therapy Association.

**OTHER PROFESSIONS:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

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INNOVATIVE TREATMENTS FOR UPPER CROSSED SYNDROME: REDUCE PAIN, PROMOTE HEALTHY POSTURE & RESTORE FUNCTIONAL MOVEMENT  
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### WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

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• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesirehab.com/coord](http://www.pesirehab.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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**3 Check tuition:**

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