



## Alternative HealthCare Solutions

36200 Euclid Ave. Ste #5 • Willoughby, OH 44094

(440) 918-0836 • Fax: (440) 918-0853 • [www.tomocklerpt.com](http://www.tomocklerpt.com)

---

### **Chest Stretch - Don't Shoot** **Upper Cross Pattern of Inhibition**

The concept of muscle imbalance around the upper quadrant usually points to muscles on the anterior chest that are too dominant (either from postural adaptive tightness or over development from exercises) and weak inhibited muscles on the posterior side of the thorax. The concept was termed upper cross pattern of inhibition by Leon Chaitow DO from England and makes sense given our understanding of muscle imbalances. If you have a patient with neck, shoulder or upper back pain and no specific pathology is identified with MRI CT or X-ray, a look at this posturally perpetuated presentation upon evaluation may speed up recovery.

Basically, you would be better off decreasing the dominance of the anterior muscles before attempting to strengthen the posterior muscles. MET for Pectoralis Major and Minor, Levator Scapulae and upper Traps should be done prior to strengthening the Serratus anterior, Rhomboids and lower Traps.

In the meantime, a great home exercise to speed this up is the chest stretch through the door frame or in a corner for 60 seconds followed immediately by what I like to call the "Don't Shoot" exercises as pictured below.

I recommend three times a day doing that exact order, 60 second stretch of the Pecs followed by 15 "don't shoots."

..... Continued on page two

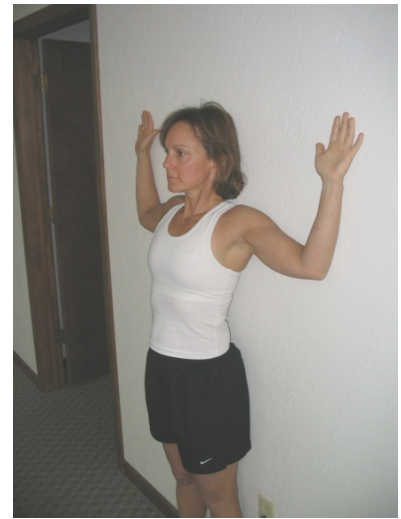
## Don't Shoot!



Horizontal Arm



Upward Angled Arm



Keep elbows and hands on wall throughout the entire arc of motion.

Burning is to be expected for the first week or so but improves as the muscles start to become better trained