

Postural Syndrome

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What is Postural Syndrome?

Postural syndrome is pain and muscle strain caused by **poor posture over time**. When the body is held in awkward positions for long periods, certain muscles become overworked while others become weak. This imbalance can lead to discomfort and stiffness. **Other names you may hear:**

- Postural pain
- Muscle imbalance
- Upper cross syndrome
- Lower cross syndrome
- Myofascial pain

Common Symptoms

You may experience:

- Neck pain or tightness
- Shoulder pain
- Mid or low back pain
- Headaches

Symptoms often:

- Get worse with **sitting, driving, bending forward, or slouching**
- Improve when you **move around or stay active**

How it is diagnosed

Diagnosis is based on:

- Your symptoms and health history
- Physical exam and posture evaluation
- Observation of muscle tightness and weakness patterns

How it is treated

Treatment focuses on **correcting posture and restoring balance** in the body. This may include:

- Stretching tight muscles
- Strengthening weak muscles
- Learning better movement and posture habits
- Manual therapy (such as massage, joint mobilization, or chiropractic adjustments)
- Sometimes short-term therapies like electrical stimulation or ultrasound for pain relief

Medications (if needed)

Some people may use:

- Anti-inflammatory medications (NSAIDs)
- Muscle relaxers
- In some cases, stronger pain medications (short-term only)

Outlook (Prognosis)

The outlook is **very good**. Most people improve significantly with consistent care.

The most important factor is **doing your home exercises and posture corrections regularly**.

Typical Treatment Duration

Care often involves:

- About **10–14 visits**
- Over **8–12 weeks**

Key Point

Postural syndrome is very treatable, but improvement depends heavily on **changing daily habits and staying consistent with exercises and posture awareness**.