

57th INTERNATIONAL CONFERENCE OF IAP-BANGALORE

ABSTRACT FOR POSTER PRESENTATION

SYMPTOMATIC CERVICAL RIB IN UPPER CROSSED SYNDROME

The purpose of the review is that how cervical rib (type 1&2) become symptomatic in relation with upper cross syndrome. Upper cross syndrome is more prevalent in today's population. Is a acquired syndrome due to overlapping of tight muscle groups (upper trapezius and pectorals group) and weak muscle groups (rhomboids, serratus and lower trapezius) resulting in winging, elevated and abducted scapula. This scapular dyskinesia there by resulted in inrounding of shoulders and that decrease the thoracic outlet space through which the neurovascular bundle passes from neck to armpit. Cervical rib is an extra numerary rib present in transverse process of seventh cervical vertebra. It is uncommon and present only about 1 in 200 of population. It is usually asymptomatic unless there is enough space for it in thoracic outlet. When upper crossed syndrome developing in a person who having a congenital cervical rib may produce symptoms due to compression of the structures of thoracic outlet. **CONCLUSION** -Creating awareness about the importance of posture in person having cervical rib and strengthening the shoulder retractors, elevators, neck muscles to regulate the normal scapular kinetics.

Key points-cervical rib,upper crossed syndrome,scapular dyskinesia,postural awarness

REFERENCES

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