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Effectiveness of cervical stabilization exercises on respiratory strength in chronic neck pain patients with forward head posture- A pilot study

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Background: Forward head posture is one of the most common abnormalities associated with chronic neck pain. In FHP the altered rib cage mechanics leads to decrease in thoraco abdominal mobility, impaired diaphragm muscle mobility and reduced the ventilator efficacy of diaphragm, reduced the effectiveness of abdominals and intercostals muscles.

Methods: Total of 20 subjects were taken, based on inclusion & exclusion criteria the experimental group (n=10) & control group (n=10) were randomized. Experimental group received Cervical Stabilization Exercise with the conventional Physiotherapy and Control group received only Conventional Physiotherapy for 6 weeks.

Outcome measures: Perceived recovery was assessed with

Numeric Pain rating Scale (NRPS), Neck Disability Index (NDI), Forward head posture which was assessed by the digital camera by measuring the Craniovertebral Angle (CVA), Respiratory strengths (MIP & MEP) was assessed by Respiratory Pressure meter.

Results: Significant increase in Craniovertebral angle and respiratory strength with decrease in NRPS and NDI scores were found in the group which received the cervical stabilization exercises along with the conventional Physiotherapy ($p < 0.05$).

Conclusion: Cervical stabilization exercise is an effective approach to reduce the forward head posture and thus helps to regain the respiratory muscle strength by improving the biomechanics of respiratory muscles.

Biography

Sonia Pawaria born and brought up in Rohtak, Haryana, she did graduation from Guru Jambheshwar University of Science and Technology, Hissar and Post Graduation in Cardiopulmonary from Manav Rachna Institution, Faridabad. She also also pursuing PhD in Physiotherapy from SGT University Gurugram. She has worked with reputed organization, Apollo Clinic, Sec-56, Gurgaon. Presently she is working as Assistant Professor from 2011 at Faculty of Physiotherapy, SGT University, Gurugram. She is guiding students pursuing Masters degree in Physiotherapy. She has got 20 publications in various national and International Journals.

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