

Effects of Rigid Taping and Posture Correction Exercises in Subjects with Forward Head Posture

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Abstract

Introduction: forward head posture is present in nearly every demographic but to varied degrees of severity. there has been evidence of upper cervical spine hyperextension linked to a reduction in the length of the cervical muscles. aliaa elabd et al. concluded that kinesio taping is more effective at combining posture correction exercises. this study investigates the efficiency of posture correction exercises and rigid taping.

Methods: a total of 50 subjects who fulfilled the inclusion criteria are included in the study after obtaining informed consent to participate. each subject underwent detailed history collection and screening the baseline measurement of cranio-vertebral angle and ndi scores are recorded and compared following intervention of 4 weeks. the analysis is done using a t-test between the groups and within the groups.

Results: the results obtained have shows significant improvement in cv angle and ndi scores in both the experimental group and control group. experimental group ndi ($p<0.01$), control group ndi ($p<0.01$), control group cv angle ($p<0.01$), experimental group cvangle ($p<0.01$).

Conclusion: kinesio taping and posture correction exercises have been effective for correcting forward head posture. this study has demonstrated the combination of rigid tape with posture correction exercises in subjects with forward head posture and has shown significant changes in the posture of the individuals with forward head posture.