

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

Laxmi Priya S

Post Graduate Student, Faculty of Physiotherapy, Sri Ramachandra Institute of Higher Education and Research, (SRIHER), Porur, Chennai.

E-mail Id: drlaxmipt@gmail.com

Abstract

Introduction: Forward head posture seemed to be an alarming factor affecting 85.5% which is present in almost every demographic but to varied degrees of severity. there has been evidence that upper cervical spine hyperextension is linked in reduction of length of the cervical muscles. aliaa elabd et al. in 2020 concluded that kinesio taping is more effective when combined with posture correction exercises. this study as investigated both the efficacies of posture correction exercises and rigid taping.

Methods: A total of 50 subjects who fulfilled the inclusion criteria were included in the study after obtaining the informed consent. each subject underwent detailed history collection and screening with the baseline measurement of cranio-vertebral angle and ndi scores. pre & post data recorded and compared following 4 weeks of intervention. the analysis was done using t-test between the groups and within the groups.

Results : The results obtained have shown significant improvement in cv angle and ndi scores in both the experimental group and control group. the results obtained in the experimental group for the outcome measure ndi is ($p < 0.01$), mean= 9.1 ± 2.0 , similarly for the same outcome measure in the control group is ($p < 0.01$), mean= 8.7 ± 1.2 , another outcome measure which is the cranio-certebral angle obtained using kinovea software analysis for control group result is ($p < 0.01$), mean= 44.8 ± 3.7 and, similarly the experimental group cvangle result is ($p < 0.01$), mean= 47.6 ± 3.7

Conclusion: It is a known fact that kinesio taping and posture correction exercises have been effective for correcting forward head posture; we have combined both the techniques for individuals with forward head posture and has shown significant changes in the posture alignment for individuals with forward head posture.