

# Comparison of Pilate Exercises With and Without Whole Body Vibration in Patient With Upper Cross Syndrome

NCT06797414

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	56 participants

## Key Eligibility Criteria

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### Inclusion (6)

- Patient with rounded shoulder
- Forward head
- Having a moderate level of physical activity
- RSP measurement in supine  $>1$  inch(12)
- NPRS  $>3$ (18)

... and 1 more (see full listing online)

### Exclusion (4)

- Pregnant, having untreated wounds, joint or artificial limb
- Suffering from diseases such as-malignancy, diabetes, epilepsy, acute thrombosis, acute migraine, acute infectious conditions, and tumor having history of neurological diseases like vestibular disease, stroke, kidney or bladder stones, and finally reporting history of back problems such as herniated disk and deformities like scoliosis. experienced any recent trauma (within three months of the initial consultation)
- Chief complaint of headaches or facial pain , hypertension, osteoporosis, and presence of any structural abnormality in the upper and middle back (e.g., scoliosis or presence of positive Adam's test) .
- Participants on anti-inflammatory or muscle relaxant medications were given a three-day period "wash out" before participating in the study (13).

## Locations (1 total)

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Punjab Employees Social Security Institution, Lahore, Punjab Province, Pakistan