

Comparison of Brugger's Relief Exercises Versus Kinesio Taping at Craniovertebral Angle on Forward Head Posture

NCT06845696

Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	28 participants

Key Eligibility Criteria

Inclusion (3)

- Both gender
- Patients whose age lies between 20 and 40
- Forward head posture with craniovertebral angle less than 50° degrees

Exclusion (6)

- Individuals with pre-existing musculoskeletal conditions affecting posture e.g. scoliosis, Scheuermann's disease.
- Those currently undergoing physical therapy or other posture correction treatments.
- Pregnant individuals, due to potential physiological changes affecting posture.
- Subjects with a history of significant spinal or neck injuries.
- No neurological disease (e.g. cervical radiculopathy, SCI).
- ... and 1 more (see full listing online)

Locations (1 total)

We Care Physical Therapy Clinic, Islamabad, Federal, Pakistan