

Posture Correction Exercises for Forward Head Posture in Chronic Smartphone and Laptop Users

NCT06864780

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

Key Eligibility Criteria

Inclusion (5)

- Participants falling in this category would be recruited into the study.
- Demographic criteria; age from 18-40 years both male & female.
- Smartphone usage for minimum of 2-3 hours daily from last one year
- Willingness to participate.
- No previous treatment for forward head posture.

Exclusion (5)

- Participants who fall in this category would be excluded of the study.
- Spinal deformities
- Spinal injuries
- Existing neurological conditions
- Pregnancy due to possible posture changes.

Locations (1 total)

Riphah international University Malakand Campus, Malakand, Kpk, Pakistan