

Effects of Muscle Energy Technique Versus Cervical and Scapulothoracic Stabilization Exercises in Upper Crossed Syndrome

NCT07025993

Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	34 participants

Key Eligibility Criteria

Inclusion (4)

- Both gender diagnosed with upper crossed syndrome
- Patient having neck pain of 4 to 12 weeks
- Pain reported on NRPS score $\geq 6/10$ in the neck region
- Subjects agree to sign the written consent form.

Exclusion (9)

- Tuberculosis, carcinoma, heart disease, and osteoporosis
- Neural disorders due to prolapsed intervertebral disc
- Any trauma or localized infection in neck region
- Upper motor neuron disease, cervical stenosis, and metabolic diseases in bone and joint
- Hyper flexibility
- ... and 4 more (see full listing online)

Locations (1 total)

Riphah Rehabilitation Clinic, Lahore, Punjab Province, Pakistan