

Effects of Biofeedback-Guided Training on Muscle Strength and Postural Alignment in Upper Cross Syndrome.

NCT07026084

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

Key Eligibility Criteria

Inclusion (6)

- Adults aged 25-45 years with both genders.
- Individuals meeting the following diagnostic criteria for upper cross syndrome will be included:
- Reduced strength of deep cervical flexors = unable to maintain pressure beyond 22-24 mm Hg (assessed via cranio-cervical flexion test).
- Limited cervical range of motion (Flexion: ≤ 80 degrees, Extension: ≤ 70 degrees, Rotation: ≤ 90 degrees on both sides, Lateral Flexion: ≤ 20 degrees)
- Postural deviations: forward head posture (CVA ≤ 50 degrees), increased thoracic kyphosis (via flexi curve ≥ 45 degrees).
- ... and 1 more (see full listing online)

Exclusion (4)

- History of recent neck surgery or injury.
- Patients with neurological disorders affecting muscle tone.
- Involvement in other physical therapy programs focused on UCS.
- Diagnosed musculoskeletal condition that could impact muscle performance.

Locations (1 total)

Watch Guard Tech, Rawalpindi, Punjab Province, Pakistan