

Combined Effect of Kendall Exercises With Wearable Vibrotactile Feedback Sensor in Forward Head Posture

NCT07163533

Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	64 participants

Key Eligibility Criteria

Inclusion (5)

- Young Adult with age Between 18 to 30 years
- Both gender
- craniovertebral angle (CVA) \leq 50 degrees
- BMI 18.5-30 kg/m²
- dentists having clinical experience more than 6 months

Exclusion (6)

- History of recent neck or spinal surgery (within the past 6 12 months).
- Diagnosed musculoskeletal, neurological, or vestibular disorders affecting posture, balance, or neck movement (e.g., cervical radiculopathy, scoliosis, Parkinson's, etc.).
- Diagnosed Temporomandibular dysfunction
- Use of assistive devices (e.g., neck brace, posture correctors) in the past 3 months.
- Any cognitive or psychological condition that may affect compliance with instructions or accurate reporting of symptoms.
- ... and 1 more (see full listing online)

Locations (2 total)

Foundation University School of Health Sciences, Rawalpindi, Punjab Province, Pakistan
Margalla institute of health sciences, Rawalpindi, Punjab Province, Pakistan