

# Effect of Myofascial Release Therapy on University Students With Text Neck Syndrome.

NCT07444112

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Health Sciences Lahore
Enrollment	62 participants

## Key Eligibility Criteria

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### Inclusion (1)

- 1. university students from age group of 18-30
- 2. Both genders
- 3. Students with Text Neck Syndrome diagnosed via Forward head Posture (through measuring craniovertebral angle)  $<50^\circ$
- 4. Minimum Pain measured by Visual Analog Scale (VAS)  $\geq 3/10$
- 5. Pain Intensity measured through Neck Disability Index (NDI)  $> 10\%$
- 6. A PSS-10 Score of  $>14$  in individuals with daily gadget use and FHP.
- 7. Usage of handheld digital gadgets including smartphones and tablets  $\geq 3$  hours

### Exclusion (1)

- 1. History of cervical trauma, surgery or any spine deformity which is congenital
- 2. History of diagnosed cervical disorders i.e cervical spondylosis, cervical spondylolisthesis, disc herniation
- 3. Any diagnosed neurological condition which affects cognition or any previous cervical spine surgery
- 4. Any history of diagnosed anxiety and psychiatric conditions
- 5. Currently receiving any form of physical therapy or using any muscle relaxants or painkillers

## Locations (2 total)

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Zara Zahid, Lahore, Punjab Province, Pakistan  
Dr. Wajeeha Mahmood, Lahore, Pakistan