

Graphical Abstract

Evaluating the Effects of Scapular Stabilization and Thoracic Extension Exercises on Pain, Functional Disability, Cervical Mobility, and Postural Alignment in Young Adults with Text Neck Syndrome

AUTHORS

Faiza A, Muhammad H, Maira K, Aleena I, Sidra F

BACKGROUND



Text Neck Syndrome (TNS) in young adults leads to forward head posture and musculoskeletal pain

OBJECTIVE

Compare scapular stabilization vs thoracic extension exercises in TNS

METHODS



Randomized trial



n = 36



n = 36 : 6 yea



19–30



3 per week



6 we k

RESULTS

VAS



Scapular stabilization

NDI



Thoracic extension

Cervical ROM (°)

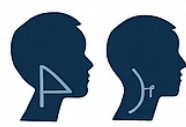


CVA



$p < 0,05$

CVA



$p = 0,02$

VAS

NDI

$p < 0,01$

CONCLUSION

Scapular stabilization more effective for pain reduction and cervical mobility