Effects of Kendall exercise versus Gong’s mobilization on pain, range of motion, function and strength in text neck syndrome.

Protocol summary

Study aim
To determine the effects of kendall exercises & Gong’s mobilization on pain, Range of motion, Function & strength in Text neck syndrome

Design
A randomized controlled trail, not blind trial, 2 group.

Settings and conduct
Fatima Hospital, University road Sargodha, Pakistan

Participants/inclusion and exclusion criteria
inclusion criteria:Young adults (male & female, 18-35 years age), Using smart phone > 2 hours a day, CVA < 50°& RSA < 52°, NPRS < 5 & NDI < 10, Having neck pain which is increased by sustained posture and feeling of stiffness on turning the head and neck after long usages.exclusion criteria: Inflammatory disorder, Neck trauma, Malignancy, pregnancy, disc prolapse, stenosis, herniation, spondylolisthesis, and osteoporosis, Current use of any medication or physical therapy treatment.

Intervention groups
Patients will be randomly divided into two groups with 12 subjects in each group. After taking baseline assessment both groups A and B will be treated with Hot pack for 7-10 minutes and then Kendall exercises will be performed, Strengthening the deep cervical flexors, Stretching the cervical extensors, strengthening shoulder retraction, stretching the pectoralis muscle. 5 sets consisting of 12 repetitions of postures, each taking 30 seconds, 3 sessions/week on alternate days will be given. In addition to this, Gong’s Mobilization group will receive concurrent application of apophyseal joint gliding and end range passive physiological movements while the patients’ cervical postures will passively neutral in order to induce normal cervical extension.10-15 repetition, 3 sessions/week on alternate days will be given for 6 weeks. Treatment time of each session will be approximately 20-30 minutes.

Main outcome variables
Pain(NPRS),Functional performance(NDI),Cervical AROM's(Universal Goniometer),Strength

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: IRCT20201019049069N1
Registration date: 2021-01-13, 1399/10/24
Registration timing: retrospective

Last update: 2021-01-13, 1399/10/24
Update count: 0
Registration date
2021-01-13, 1399/10/24

Registrant information
Name
Hamna Afzal
Name of organization / entity
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Pakistan
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2020-10-20, 1399/07/29
Expected recruitment end date
2020-11-30, 1399/09/10
Actual recruitment start date
empty
Actual recruitment end date
empty
Effects of Kendall exercise versus Gong’s mobilization on pain, range of motion, function and strength in text neck syndrome.

Inclusion criteria:
Young adults (male & female, 18-35 years age), more than one year using a smartphone, Using smart phone for more than 2 hours a day Craniovertebral angle (CVA) less than 50° and rounded shoulder angle (RSA) greater than 52° Score of more than 5 on NPRS and more than 10 on NDI Having neck pain which is increased by sustained posture and feeling of stiffness on turning the head and neck after long usages.

Exclusion criteria:
Spinal infection or inflammatory disorder Neck surgery or trauma Torticollis scoliosis Malignancy pregnancy Diagnosed cases of disc prolapse, stenosis, herniation, spondylolisthesis, and osteoporosis Current use of any medication or physical therapy treatment.

Health conditions studied

Text neck or Turtle neck posture, can be described as a repeated stress injury and pain sustained from excessive watching or texting on handheld devices for long periods of time. It can cause many harmful symptoms such as neck pain, shoulder pain, upper back pain, chronic headaches and increased curvature of the spine. Untreated text neck can result into serious permanent damage.

Primary outcomes

1. Description
   Pain
   Timepoint
   Before treatment and after treatment (6th week)
   Method of measurement
   Numeric Pain Rating Scale (NPRS)

2. Description
   Functional performance
   Timepoint
   Before treatment and after treatment (6th week)
   Method of measurement
   Neck Disability Index (NDI)
Cervical AROM

Method of measurement
Universal Goniometer

Method of measurement
Sphygmomanometer

Secondary outcomes
empty

Intervention groups

1
Description
Intervention group: After taking baseline measures, Group A will be treated with hot pack for 7-10 min. Kendall exercise will be performed to Strengthen the deep cervical flexors and shoulder retractors and Stretching the cervical extensors and pectoralis muscle. Kendall exercise group will participate in 5 sets consisting of 12 repetitions of postures, each taking 30 seconds, 3 sessions per week on alternate days will be given.

Category
Treatment - Other

2
Description
Intervention group: After taking baseline measures, group B will be treated with hot pack for 7-10 min. The Gong’s Mobilization group will receive concurrent application of apophyseal joint gliding and end range passive physiological movements while the patients’ cervical postures will passively neutral in order to induce normal cervical extension. 10-15 repetition, 3 sessions per week on alternate days will be given for 6 weeks. Treatment time of each session will be approximately 20-30 minutes.

Category
Treatment - Other

Recruitment centers

1
Recruitment center
Name of recruitment center
Fatima Hospital, University road Sargodha, Pakistan
Full name of responsible person
Hamna Afzal
Street address

Sponsors / Funding sources

1
Sponsor
Name of organization / entity
Fatima hospital, Sargodha
Full name of responsible person
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University road, Sargodha
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
Fatima Hospital, Sargodha
Proportion provided by this source
100
Public or private sector
Private
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Other

Person responsible for general inquiries

Contact
Name of organization / entity
Riphah International University Lahore, Pakistan
Full name of responsible person
Hamna Afzal
Position
student
Latest degree
Bachelor
Other areas of specialty/work
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
There is no further decision and information is decided yet

Study Protocol
Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available

Analytic Code
Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available