ABSTRACT

TITLE: A STUDY TO COMPARE THE EFFECTS OF CRANIO-CERVICAL FLEXION EXERCISES AND SCAPULAR STABILIZATION EXERCISES ON PAIN, DISABILITY AND SCAPULAR DYSKINESIA AMONG PATIENTS WITH CHRONIC MECHANICAL NECK PAIN

BACKGROUND: Mechanical neck pain is pain in the cervical region accompanied by restriction of range of motion and functional disability. Muscles have deceased strength, endurance, force steadiness and cervical muscle behavior is altered eg ., decreased activity of deep postural muscles, reduced directional specificity, delayed onset of muscle responses, muscle fatigability and increased neck muscle co-contraction. From last years, it has become vast pain problem and causes immense limitation . Neck and shoulder are interconnected areas, making it easy for pain to radiate that eventually leads to shoulder pain. So therefore, it causes the shoulder causes weakness or imbalance which eventually affects the position of the scapula. This, in turn can cause limited mobility and shoulder blade pain occurs which leads to scapular dyskinesia. Scapular dyskinesia is refers as abnormal static position and or dynamic movement of the scapula. Therefore, in this line of thought, the present study is designed compare the effects of cranio-cervical flexion exercises and scapular stabilization on pain, disability and scapular dyskinesia among patients with chronic-mechanical neck pain.

METHODOLOGY: A minimum of 45 subjects(both male and female) were recruited and subsequently divided into 3 groups . Group A received Stretching exercises for pectoralis minor, upper trapezius and sternocleidomastoid.. Group B received Craniocervical flexion exercises which consisted of strengthening exercises for deep neck flexors. Group C received Scapular Stabilization exercises for serratus anterior, middle trapezius and lower trapezius. All patients were treated for 12 sessions (3sessions/ week) every other day for 4 weeks.

RESULTS: Both groups had significant improvement in all the measured variables. Scapular stabilization exercises was more effective than cranio cervical flexion exercises in increasing neck transverse mobility. However, there was no significant difference between groups in neck pain severity, functional disability, neck saggital and coronal mobility.