

The Efficacy of Janda Approach for the Treatment of Text Neck Syndrome: A Case Report

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ABSTRACT

Text neck is an overuse syndrome which affects the head, neck and shoulders, usually resulting from excessive strain on the cervical spine from looking in a forward and downward position at any hand held devices over long period of time. This may result in headache as well as arm, shoulder and neck pain. Treatment usually consists of a combination of pharmacological, nonpharmacological, and physiotherapeutic interventions such as Kendal exercise, mobilisation, myofascial release, muscle energy technique, proprioceptive neuromuscular facilitation technique, neck stabilisation exercises, and electrotherapy. Janda approach is a treatment technique which helps in reducing pain, restoring mobility, enhancing muscle strength, and functions of the cervical spine. This case report aims to evaluate the therapeutic effects of Janda approach along with conventional treatment on pain, Cervical Range of Motion (CROM) and overall function of the cervical spine in Text Neck Syndrome. This is a case of 24-year-old male suffering

from Text Neck Syndrome since 1 year. He had a complaint of pain and stiffness in the neck. The aggravating factors were reading, writing, and using a mobile phone, while relieving factors were rest or sitting with neck extension on chair. Janda approach along with conventional treatment was given for 5 days per week for 2 weeks. Visual analogue scale, pressure biofeedback, CROM and Neck Disability Index were used as outcome measures. After 2 weeks of intervention, there was significant decrease in pain and neck disability, and improved muscle strength and range of motion in cervical spine. This case report concluded that Janda approach along with conventional treatment can be used as an effective intervention protocol for reducing pain, increasing range of motion, enhancing muscle strength and reducing neck disability in patients with Text Neck Syndrome.

Keywords: Cervical spine, Mobile phone, Muscle strength, Overuse syndrome, Range of motion.