DOI: 10.7860/JCDR/2025/80478.21754

Correlation between Neck Mobility, Craniovertebral Angle, Body Mass Index and Hip Waist Ratio Across Genders: A Study Protocol

Viren, Postgraduate Student, Department of Physiotherapy, Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, Maharishi Markandeshwar (Deemed to be University), Mullana, Ambala, Haryana, India.
Gurjant Singh, Assistant Professor, Department of Physiotherapy, Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, Maharishi Markandeshwar (Deemed to be University), Mullana, Ambala, Haryana, India.
Nidhi Sharma, Professor, Department of Physiotherapy, Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, Maharishi Markandeshwar (Deemed to be University), Mullana, Ambala, Haryana, India.

NAME, ADDRESS, E-MAIL ID OF THE CORRESPONDING AUTHOR:

Gurjant Singh,

Assistant Professor, Department of Physiotherapy, Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, Maharishi Markandeshwar (Deemed to be University), Mullana, Ambala, Haryana, India.

E-mail: gurjant.singh@mmumullana.org

ABSTRACT

Introduction: The Craniovertebral Angle (CVA), which measures neck posture and mobility, is crucial for evaluating musculoskeletal health. Despite the fact that changes in neck mobility and posture have been linked to factors such as Body Mass Index (BMI) and hip-to-waist ratio, particularly across genders, they have not been thoroughly determined.

Need for this study: The findings are expected to identify postural and biomechanical variations, potentially aiding in the development of targeted interventions for improved musculoskeletal health across genders.

Aim: This research aims to examine the variations in correlations between neck mobility, CVA, BMI and hip waist ratio across both genders.

Materials and Methods: A cross-sectional study was conducted with a group of individuals recruited on basis of selection criteria. A goniometer will be used to measure neck mobility. Kinovea software will be used to evaluate CVA. The BMI and Hip waist ratio will be estimated using anthropometric measures.

Keywords: Cross-sectional study, Gender differences, Patient selection, Range of motion