

Effect of Postural Corrective Exercises in Forward Head Posture: A Systematic Review

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ABSTRACT

Introduction: Forward head posture is the most common misalignment of the neck. It can lead to headaches, unusual neck pain, and stiffness in muscles. Posture corrective exercises were used to correct this misalignment hence improving the quality of life of the patient.

Aim: To identify the effect of postural corrective exercises in forward head posture.

Materials and Methods: The articles included were randomised controlled trials and systematic reviews. The databases included were Google Scholar and PubMed. The systematic reviews were taken from 2015-2023. Researchers have used the English language. The studies included were about posture corrective exercises that were used to correct forward head posture. Data

were extracted from the proportion of clients in various systematic reviews and randomised controlled trials.

Results: Several studies show that postural corrective exercises were effective in correcting forward head posture and improving the craniovertebral angle. These exercises help to improve posture, muscle strength and flexibility.

Conclusion: Forward head posture can be due to poor sitting posture, low height sitting or long hours of use of a laptop. Posture corrective exercises were beneficial for improving forward head posture and decreasing the craniovertebral angle, which decreases neck pain and enhances the quality of life of patients. **Keywords:** Forward head posture, exercises, posture, craniovertebral angle (CVA).

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