DOI: 10.7860/JCDR/2025/80480.22613

Effectiveness of Postural Training with Self-Management Exercises on Pain and Range of Motion in Patients with Text Neck Syndrome

AVINASH KUMAR[1], RITA SHARMA[2*]

ABSTRACT

Introduction: Text Neck Syndrome (TNS) is a prevalent musculoskeletal condition caused by repetitive forward head flexion during prolonged use of mobile devices. This condition can result in chronic pain, reduced cervical Range of Motion (ROM), and poor posture, impacting daily life and productivity.

Aim: The study reviews the combined effectiveness of postural training and self-management exercises in reducing pain and improving ROM in patients with TNS.

Materials and Methods: Randomised controlled trials in English language, published between 2020 and 2024, related to postural training and self-management exercises in TNS were included. A comprehensive literature review was conducted using databases such as PubMed, Google Scholar, and Research Gate, focussing on studies published between 2020 and 2024. After searching the databases, 10 free full text articles that fulfilled the objective and inclusion criteria were included in the review.

Results: Findings from the reviewed studies suggest that integrated postural training is more beneficial compared to conventional exercise programmes in treating TNS as a whole. Correcting awkward neck postures while using mobile devices is an important strategy to reduce or prevent neck pain among users of mobile devices. Postural Retraining Exercise Programme (PREP) can improve the movement patterns and the alignment of the head, shoulder & thoracic spine in people with TNS.

Conclusion: The study concludes that postural training combined with self-management exercises is an effective strategy to alleviate pain, improve ROM, and enhance functional posture in patients with TNS. This integrated approach offers promising applications for physiotherapists and clinicians.

Keywords: Cervical range of motion, Functional posture, Neck pain management

PARTICULARS OF CONTRIBUTORS:
1. Postgraduate Student, Department of Physiotherapy, Sharda School of Allied Health Sciences, Sharda University, Greater Noida, India.
2. Assistant Professor, Department of Physiotherapy, Sharda School of Allied Health Sciences, Sharda University, Greater Noida, India.

NAME, ADDRESS, E-MAIL ID OF THE CORRESPONDING AUTHOR:
*Rita Sharma
Assistant Professor, Department of Physiotherapy, Sharda School of Allied Health Sciences, Sharda University, Greater Noida, India.
E-mail: rita.sharma@sharda.ac.in