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Effectiveness of Janda's Approach in Managing Upper Crossed Syndrome: A Systematic Review

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ABSTRACT

Introduction: Upper Crossed Syndrome (UCS) is a common neuromotor disorder causing postural imbalance affecting the neck, shoulders, and postural asymmetries in sagittal plane as well as multiple planes frequently causing pain, thoracic kyphosis, myofascial disorder, load transfer, sensory and kinetic chain function and movement dysfunction. Janda's approach - emphasising muscle imbalance correction, motor control, and therapeutic exercises, provides a holistic framework for physiotherapy interventions. This study contributes to evidence-based practice by exploring the potential benefits of Janda's approach in managing UCS in multiple planes, thereby enhancing clinical management, physiotherapy education, and development in addressing postural asymmetry, myofascial disorder and postural disorders.

Aim: The primary objective of this study was to evaluate the effects of Janda's approach on individuals with neck and upper back pain due to UCS. Secondary objectives included assessing its impact on muscle imbalance, posture correction, range of motion, and flexibility improvement.

Materials and Methods: The study data bases were searched from PubMed, Google Scholar, and Research Gate. The systematic reviews were taken from 2015-2024. The papers articles investigating the effect of Janda's approach on neck pain, upper crossed syndrome and forward head posture were included.

Results: This approach is highly effective in reducing pain, improving range of motion and flexibility, and restoring proper movement patterns. It has been shown to be more effective compared to other approaches. Janda's approach for UCS focusses on strengthening weak muscles and stretching tight ones to correct muscle imbalances, posture, range of motion, and flexibility may vary based on individual factors and any underlying health conditions.

Conclusion: Janda's approach demonstrates substantial therapeutic benefits in managing UCS by addressing muscle imbalances and promoting proper postural alignment. Strengthening weak muscles while lengthening tight ones leads to improved posture, reduced pain, enhanced fascia and enhanced functional movement. However, its effectiveness may vary based on localized trigger point and tender points, individual and contextual factors.

Keywords: Forward head, Neck pain, Postuarl imbalance.

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