Correlation of Craniovertebral Angle with Neck Pain in Undergraduate Students

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ABSTRACT

Introduction: Neck pain is a common disorder characterized by pain, discomfort or soreness experienced in the region between the inferior margin of the occipital bone and T1. It is one of the commonest problems in young adults due to their repetitive use of computers, laptops, cell phones, TV, improper sitting posture leading the body to exhibit a bad posture. Bad posture is a serious health problem which causes more musculoskeletal disorders with age. It is also one of the leading cause of inefficiency in people of every age group. One of the common result of poor posture is Forward head posture (FHP), the prevalence of which is also very significant in young adults.

Methodology: 133 Individuals between the age group of 17-25 years were included in the study. Both male and female individuals were included. Individuals with spinal deformities, recent fracture of the spine, cervical tumor or any other medical conditions were excluded from the study.

Result: Spearman's correlation test was used to find the correlation of CVA with neck pain, in which the r value was found to be [r= -0.157] indicating a clinically negative correlation.

Conclusion: It is concluded that there is a weak correlation of Craniovertebral Angle with Neck Pain in Undergraduate students. The reason for weak correlation may be because the population selected for the study were young adults.

Keywords: Neck pain, Craniovertebral angle, Undergraduate students

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