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Treatment of Chronic Neck Pain in Patients with Forward Head Posture

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ADMINISTRATIVE INFORMATION

Support - None.

Review Stage at time of this submission - Completed but not published.

Conflicts of interest - None declared.

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Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 18 September 2023 and was last updated on 18 September 2023.

INTRODUCTION

Review question / Objective This study aims to investigate how various treatment programs, including exercise and manual therapy, are effective in managing neck pain in forward head posture patients.

Condition being studied Forward head posture is a common cervical abnormality where the head protrudes forward relative to the shoulders. Patients with chronic forward head posture characterized by postural imbalance in the cervical region often experience issues such as trigger points, headaches, and neck pain. Previous reviews have established a connection between forward head posture and neck pain, highlighting the significance of treatment programs like exercise and manual therapy for effective neck pain management. However, there hasn't been a review assessing the effectiveness of these treatment programs. This study aims to explore

treatment programs, including exercise and manual therapy, for managing neck pain in forward head posture patients and determine their efficacy.

METHODS

Participant or population Forward head posture patients with chronic neck pain.

Intervention Exercise and manual therapy.

Comparator Treatment programs including relaxation exercises, stabilization exercises, postural education and home exercises or no treatment.

Study designs to be included Randomized controlled trials.

Eligibility criteria Inclusion criteria such as patients with chronic pain, patients with forward head posture, and human studies were applied.

Information sources PubMed, Embase, Scopus, and Cochrane Library.

Main outcome(s) Neck pain and functional status.

Quality assessment / Risk of bias analysis Not applicable.

Strategy of data synthesis After removing duplicate papers, the papers were reviewed for eligibility based on their titles, abstracts and full texts, with any differences in opinion resolved through authors consensus. Subsequently, treatment programs including exercise and manual therapy and outcome measurement using visual analog scale, numeric rating scale, and neck disability index were collected.

Subgroup analysis Not applicable.

Sensitivity analysis Not applicable.

Country(ies) involved Republic of Korea.

Keywords forward head posture, Neck pain, chronic neck pain, treatment.

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