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Effects of Elongation Longitudinaux Avec Decoaption Osteo Articulaire (ELDOA)/ Longitudinal Osteo-Articular Decoaption Stretching (LOADS) in patients with Forward Head Posture – a Systematic Review

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ADMINISTRATIVE INFORMATION

Support - No support.

Review Stage at time of this submission - The review has not yet started.

Conflicts of interest - None declared.

INPLASY registration number: INPLASY2024120080

Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 18 December 2024 and was last updated on 18 December 2024.

INTRODUCTION

Review question / Objective • How effective is ELDOA in treating forward head posture?
• What is the effectiveness of ELDOA as compared to other interventional techniques used in treating forward head posture?

Rationale ELDOA exercises have been found to be helpful in correction of postural deviation. One such postural deviation is forward head posture. Previous studies reported decreased pain intensity, improved cervical range of motion and reduction in tragus and shoulder to wall distance. This systematic review will provide knowledge on the effectiveness of ELDOA exercises in treating patients with forward head posture.

Condition being studied Forward head posture is defined as anterior translation of the head, out of the neutral alignment. This places increased strain on neck and back. It causes headache, neck pain and reduced functional capacity. Forward head

posture has been commonly found in mobile gamers, university students and office workers. As this is a prevalent issue, there is a need for effective intervention that not only focuses on symptom relief but also caters to long-term postural correction.

ELDOA exercises are found effective in forward head posture. using these exercises, pain intensity was reportedly reduced, cervical range of motion improved along with reduction in tragus and shoulder to wall distance⁵.

This systematic review aims to analyse the current literature on ELDOA in treating forward head posture patients.

METHODS

Search strategy a. Databases- Google Scholar, PubMed, Cochrane Library, Research Gate, physiotherapy evidence databases (Pedro) b. Keywords – “ELDOA”, “LOADS”, “forward head posture”, “spinal decompression technique” c. Search limits – data restriction.

Participant or population Participants – adults with forward head posture diagnosed by clinical assessment will be included in this review.

Intervention Interventions – studies that focus on ELDOA as the primary intervention in the treatment of forward head posture will be included.

Comparator Comparators – will be compared with any other therapeutic modalities and exercise programs used in treating forward head posture.

Study designs to be included RCTs and quasi-experimental studies.

Eligibility criteria INCLUSION CRITERIA

a. Types of studies- this systematic review will include randomized controlled trials (RCTs) and quasi-experimental studies

b. Participants – adults with forward head posture diagnosed by clinical assessment will be included in this review

c. Interventions – studies that focus on ELDOA as the primary intervention in the treatment of forward head posture will be included

d. Comparators – will be compared with any other therapeutic modalities and exercise programs used in treating forward head posture

e. Time frame – studies published in the last 5 years will be included here

f. Outcomes- the study should include outcome measures like validated measures for pain relief (e.g., NPRS, VAS), functional improvement, quality of life assessments

EXCLUSION CRITERIA

a. Studies lacking full text will be excluded from this systematic review

b. Studies in languages other than English

c. Trials without a clear focus on ELDOA as the primary intervention in treating forward head posture

d. Non-clinical studies will be excluded.

Information sources Databases - Google Scholar, PubMed, Cochrane Library, Research Gate, Physiotherapy Evidence Databases (Pedro).

Main outcome(s) This systematic review will give more insight into exploring the effectiveness of ELDOA in treating patients with forward head posture and offer possible suggestions on how clinical practice and future research should be focused.

Data management Data will be extracted using a standardized form including study characteristics like the author, year, design of the study, and sampling size of the study. It will further include the

participant demographics like age, and gender. Details of the intervention – duration, frequency, intensity along with the outcome measures and results will be included. Any adverse effects if reported.

Quality assessment / Risk of bias analysis

Tools : The Cochrane risk of bias tool for RCTs and the Newcastle -Ottawa scale for observational studies

Quality Assessment: PEDro assessment score will be used for the quality assessment.

Strategy of data synthesis Quantitative analysis – a meta-analysis will be conducted if sufficient homogeneity exists, using the random effects model.

Qualitative analysis – a narrative synthesis will be employed for studies that are not suitable for quantitative studies

Subgroup analysis – factors such as age, gender, and severity of forward head posture will be considered the basis for subgroup analysis.

Subgroup analysis Factors such as age, gender, and severity of forward head posture will be considered the basis for subgroup analysis.

Sensitivity analysis Verify the results' strength by eliminating studies with a high risk of bias or by varying the methodological presumptions.

Language restriction English.

Country(ies) involved India (Indian / Banarsidas Chandiwala Institute of Physiotherapy).

Keywords “ELDOA”, “LOADS”, “forward head posture”, “spinal decompression technique”.

Dissemination plans Publication: Write a manuscript on the topic to a peer-reviewed journal. Presentation: Share the findings of the review in appropriate conferences or workshops.

Contributions of each author

Author 1 - Parul - Drafting the manuscript.

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Author 2 - Mohd Asif - Checking the literature, grammar and preparing for publication.

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