

# INPLASY

## Comparative Physiotherapeutic Interventions for Text Neck Syndrome in Young Adults: A Systematic Review

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### ADMINISTRATIVE INFORMATION

**Support** - No financial support.

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

**Conflicts of interest** - None declared.

**INPLASY registration number:** INPLASY202650002

**Amendments** - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 1 May 2026 and was last updated on 1 May 2026.

### INTRODUCTION

**Review question / Objective** The main objective of the study is to compare the effectiveness of cupping therapy combined with stretching and thoracic extension exercises using a foam roller in the management of Text Neck Syndrome among young adults.

**Rationale** Purpose of this review paper is to critically analyze and compare the effects of cupping therapy combined with stretching exercises and thoracic extension exercises using a foam roller in the management of text neck syndrome among young adults. This review aims to evaluate their impact on pain intensity, postural alignment, cervical and thoracic mobility, and functional outcomes, thereby contributing to the existing body of knowledge and supporting the development of effective, evidence-based physiotherapeutic interventions.

**Condition being studied** The widespread use of smartphones, tablets, and computers has led to a

significant rise in postural disorders among young adults, one of the most common being Text Neck Syndrome (TNS). Prolonged and repetitive use of smartphones for academic, occupational, and recreational purposes has led to an increased prevalence of posture-related musculoskeletal disorders, of which Text Neck Syndrome (TNS) has emerged as a significant public health concern. Text neck syndrome is characterised by sustained forward head posture and excessive cervical flexion during smartphone use, leading to increased biomechanical stress on the cervical and upper thoracic structures.

### METHODS

**Search strategy** Scopus ("Text Neck Syndrome" OR "Forward Head Posture" OR "Cervical Postural Dysfunction") AND ("Physiotherapy" OR "Physical Therapy" OR "Exercise Therapy" OR "Deep Neck Flexor Training" OR "Postural Correction" OR "Manual Therapy") AND ("Pain" OR "Neck Disability Index" OR "Range of Motion" OR "Cervical ROM")

Pubmed ("Text Neck Syndrome" OR "Forward Head Posture")  
AND ("physiotherapy" OR "exercise therapy" OR "manual therapy") AND ("neck pain" OR "range of motion" OR "neck disability")  
ScienceDirect ("Text Neck Syndrome" OR "Forward Head Posture")  
AND ("Pain" OR "Range of Motion" OR "Neck Disability").

**Participant or population** Young Adults.

**Intervention** Physiotherapeutic Interventions.

**Comparator** Text Neck Syndrom.

**Study designs to be included** RCTs.

**Eligibility criteria** Inclusion Criteria

1. Studies published between 2015 and 2025.
2. Research specifically addressing on the physiotherapeutic intervention of Text Neck Syndrome.
3. Studies comprises conservative treatments for managing Text Neck Syndrome
4. Studies evaluating at least one of the following: Neck pain, Nomophobia.
5. Publications available in English and appearing in peer-reviewed journals.

Exclusion Criteria

1. Articles published before 2015.
2. Studies that focus solely on pharmacological or surgical treatments of Neck Pain,
3. Case reports, pilot studies, systematic reviews, and duplicate studies.
4. Articles irrelevant to the objectives or not comparing the interventions of interest.

**Information sources** PubMed, Google Scholar, ResearchGate, and the Directory of Open Access Journals (DOAJ).

**Main outcome(s)**

VAS  
NDI  
CVA  
Cervial ROM.

**Additional outcome(s)**

NFMET  
NEMET  
Neck ROM.

**Quality assessment / Risk of bias analysis**

Quality assessments done by the Pedro scale and Risk of bias analysis will be done by RoB2 scale.

**Strategy of data synthesis** Scopus ("Text Neck Syndrome" OR "Forward Head Posture" OR "Cervical Postural Dysfunction") AND ("Physiotherapy" OR "Physical Therapy" OR "Exercise Therapy" OR "Deep Neck Flexor Training" OR "Postural Correction" OR "Manual Therapy") AND ("Pain" OR "Neck Disability Index" OR "Range of Motion" OR "Cervical ROM")  
Pubmed ("Text Neck Syndrome" OR "Forward Head Posture")  
AND ("physiotherapy" OR "exercise therapy" OR "manual therapy") AND ("neck pain" OR "range of motion" OR "neck disability")  
ScienceDirect ("Text Neck Syndrome" OR "Forward Head Posture")  
AND ("Pain" OR "Range of Motion" OR "Neck Disability").

**Subgroup analysis** Subgroup Analysis: Planned subgroups by intervention type (manual/exercise/electrotherapy), duration ( $\leq 8$  vs.  $> 8$  weeks), age (18–24 vs. 25–35 years), and RoB (low vs. high), if  $\geq 2$  studies per group.

**Sensitivity analysis** Sensitivity Analysis: Exclude high RoB, outliers, small samples ( $n < 20$ ), non-RCTs; compare via CIs and forestplots.

**Language restriction** English.

**Country(ies) involved** India.

**Keywords** Text Neck Syndrome, Cupping Therapy, Foam Roller, Thoracic Extension, Forward Head Posture, Physiotherapy.

**Contributions of each author**

Author 1 - Muskaan Yadav - Muskaan conceived the review idea, developed the research question, and drafted the initial version of the protocol and manuscript.

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Author 2 - Pooja Sharma - Pooja Sharma contributed to the design of the search strategy, study selection framework, and assisted in drafting and revising the manuscript.

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Author 3 - Divya Aggarwal - Divya Aggarwal contributed to data extraction planning, risk-of-bias assessment strategy, and critically reviewed the manuscript for important intellectual content.

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Author 4 - Nitesh Malhotra - Nitesh Malhotra provided methodological guidance on systematic review design, contributed to data synthesis planning, and reviewed and edited the final protocol.

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Author 5 - Mohd Asif - Mohd. Asif supervised the overall project, refined the review methodology, resolved disagreements at each review stage, and approved the final version of the protocol and manuscript.

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