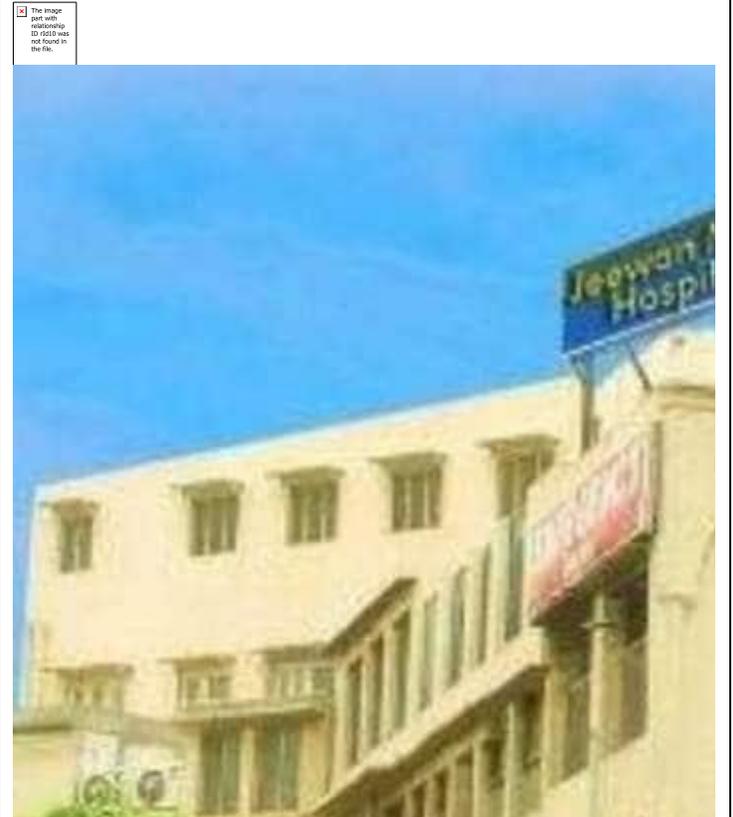


LUMBAR SPINE DYSFUNCTION IN THE NONSPECIFIC CHRONIC NECK PAIN
Sonali Tushamer, Jeevan Mala Hospital, Delhi, Email: sonalitushamer@gmail.com. INDIA.



Abstract: The nature of motion dysfunctions in people with non-specific neck pain remains inconclusive. But after introduction of regional interdependence theory, several studies showed the association of cervical pain with thoracic spine, shoulder and even with elbow dysfunction. Since, the association between thoracic region and cervical region is established, lumbar region can influence thoracic spine which in turn have all the potential to alter cervical function as well. The purpose of this study is to establish the association of Regional Interdependence between lumbar and cervical spine, by using Selective Functional Movement Assessment (SFMA). 10 female participants with nonspecific chronic neck pain aged 21 to 35 years were randomly selected. The function of neck was estimated using Neck Disability Index; complex functional movement of cervical and lumbar spine were assessed by SFMA.

Biography: Sonali Tushamer, Jeevan Mala Hospital, Delhi, Email: sonalitushamer@gmail.com. INDIA.



Publications:

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