

## **A Study to Compare the Effects of Cranio-Cervical Flexion Exercises and Scapular Stabilization Exercises on Pain, Disability and Scapular Dyskinesia Among Patients with Chronic Mechanical Neck Pain**

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### **Abstract**

Mechanical neck pain is pain in the cervical region accompanied by restriction of range of motion and functional disability. Muscles have decreased strength, endurance, force steadiness and cervical muscle behavior is altered eg ., decreased activity of deep postural muscles, reduced directional specificity, delayed onset of muscle responses, muscle fatigability and increased neck muscle co-contraction.

From last years, it has become vast pain problem and causes immense limitation. Neck and shoulder are interconnected areas, making it easy for pain to radiate that eventually leads to shoulder pain. So therefore, it causes the shoulder causes weakness or imbalance which eventually affects the position of the scapula. This, in turn can cause limited mobility and shoulder blade pain occurs which leads to scapular dyskinesia.

Scapular dyskinesia is refers as abnormal static position and or dynamic movement of the scapula. Therefore, in this line of thought, the present study is designed compare the effects of cranio-cervical flexion exercises and scapular stabilization on pain, disability and scapular dyskinesia among patients with chronic-mechanical neck pain.

### **Keywords**

Scapular dyskinesia, Neck disability, Persistent neck discomfort, Neck discomfort that is mechanical.