Evaluation of the effect of 8 weeks of Traband and NASM corrective exercises on the craniovertebral angle of the neck of visually impaired adolescent boys in Salmas

Oral Presentation

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Abstract
Introduction: The aim of the present study was to investigate the effect of 8 weeks of Traband and NASM correctional exercises on the craniovertebral angle of visually impaired adolescent boys in Salmas.
Methods: The present study is a quasi-experimental study with two experimental groups and a control group using pre-test and post-test methods and an applied study that was conducted comparatively and in the field. The statistical population of the study consisted of adolescent boys of Kambina in Salmas and ranging in age from 10 to 15 years. A goniometer was used to perform the tests of craniovertebral angle. Also, information about the duration and severity of pain in the craniovertebral angle of the neck was determined by a questionnaire. After performing initial examinations and tests and forming three groups, Traband correction exercises and NASM correction exercises participated in a training program for 8 weeks and three sessions per week. The control group did not exercise regularly during this period. NASM exercises Most of the exercises were selected that directly affected the neck area in four techniques: restraint, stretching, activation and cohesion. Traband exercises were also performed according to the principles of exercise science. Finally, covariance (two-way) and two-way ANOVA tests were used to test the research hypotheses.
Results: The results showed that 8 weeks of Traband and NASM correction exercises had a significant effect on the craniovertebral angle of visually impaired adolescent boys in Salmas, with the difference in the effectiveness of NASM correction angles, pain intensity, duration of pain and frequency of craniovertebral angle pain was more than Traband correction exercises
Conclusion: Therefore, it can be concluded that the use of Traband and NASM corrective exercises is recommended as part of treatment programs to improve problems caused by forward deformities and neck pain, especially in visually impaired boys.

Keywords
Traband Correction Exercises; NASM; Craniovertebral Angle; Camera

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