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Corrective Exercise and Manual Therapy Protocol for Postural and Body Image Improvement in Women with Kyphosis V.2

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Umama Nammi¹, Dr. Ehsanur Rahman¹

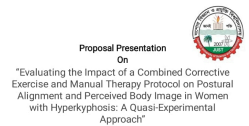
¹Jashore University of Science and Technology



Mahmudul Haque Uday

Department of Physiotherapy and Rehabilitation, Jashore Univ...

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Protocol status: Working

We use this protocol and it's working

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Keywords: Kyphotic posture, Corrective exercise , Manual therapy , Postural alignment , Body image , kyphotic posture, manual therapy protocol on postural alignment, manual therapy protocol for postural, postural alignment, corrective exercises with manual therapy, improving spinal alignment, spinal alignment, strengthening exercise, body image improvement in women, exercises alongside soft tissue release, exercise, body image improvement, postural, body image perceptions among young women, kyphosi, body esteem scale for adolescent, muscle energy technique, body image in women, manual therapy protocol, body image perception, body esteem scale, corrective exercise, perceived body image, qualified physiotherapist, manual therapy, comprising stretching, myofascial release, combined corrective exercise

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Abstract

This quasi-experimental study aims to evaluate the impact of a combined corrective exercise and manual therapy protocol on postural alignment and perceived body image in women with kyphotic posture. Eligible participants (women aged 18–30 years) will undergo an intervention comprising stretching and strengthening exercises alongside soft tissue release, joint mobilization, muscle energy techniques, and myofascial release. The program will include 18 sessions over six weeks, each lasting 45 minutes, administered by qualified physiotherapists. Outcomes will be assessed using Cobb angle (X-ray), Flexicurve ruler, dynamometer, and the Body Esteem Scale for Adolescents and Adults (BESAA). The study, conducted in the Jashore community, seeks to provide evidence on the effectiveness of integrating corrective exercises with manual therapy in improving spinal alignment and body image perceptions among young women with kyphotic posture.

Attachments



Protocol summary

Uma...

27KB



Treatment Plan_Kypho..

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27KB



Materials

Postural alignment will be assessed using the Flexicurve ruler and lateral thoracic X-ray imaging. The Flexicurve ruler is a validated tool widely used to measure thoracic kyphosis angle (Alizadeh et al., 2022). Perceived body image will be evaluated with the Body Esteem Scale for Adolescents and Adults (BESAA), a 23-item questionnaire with three subscales (appearance, attitude of others, weight), demonstrating high reliability ($\alpha = 0.83$) and validity (Hosseini et al., 2015). The questionnaire will undergo forward–backward translation to ensure cultural and linguistic accuracy. Back extensor muscle strength will be measured using manual muscle testing and a dynamometer, with maximal sitting effort recorded to ensure safe and accurate assessment (Mika et al., 2005).

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