

Aug 15, 2025

Relieving neck and thoracic pain in breastfeeding mothers through community based care

DOI

<https://dx.doi.org/10.17504/protocols.io.261gekp6yg47/v1>

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Protocol Citation: Mst. sanzida Ara Islam, Dr. Sharmila Jahan, Dr. Md. Feroz Kabir 2025. Relieving neck and thoracic pain in breastfeeding mothers through community based care. **protocols.io**

<https://dx.doi.org/10.17504/protocols.io.261gekp6yg47/v1>

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Protocol status: Working

We use this protocol and it's working

Created: June 28, 2025

Last Modified: August 15, 2025

Protocol Integer ID: 221230

Keywords: structured therapeutic exercise program to postural education, breastfeeding technique training, effective than postural education, postural education, better postural awareness, improvements in posture, breastfeeding mother, posture, structured therapeutic exercise program, ergonomic guidance, greater reductions in pain, relieving neck, exercise, reducing neck, technique training, mothers through community

Funders Acknowledgements:

Department of Physiotherapy and Rehabilitation

Abstract

This two-arm randomized controlled trial will assess whether adding a structured therapeutic exercise program to postural education is more effective than postural education alone in reducing neck and thoracic pain among breastfeeding mothers. Eighty mothers aged 18–40 will be randomly assigned to receive ergonomic guidance and breastfeeding technique training, with or without targeted cervical and thoracic exercises, over six weeks. Both groups are expected to improve due to better postural awareness, but those receiving the combined intervention are anticipated to have greater reductions in pain and disability, as well as improvements in posture and musculoskeletal function.

Attachments



[protocol Interventio...](#)

15KB



[protocol IRB.pdf](#)

212KB

Materials

1. Visual Analogue Scale (VAS) for pain assessment.
2. Digital Inclinometer
3. Neck Disability Index (NDI) for functional disability assessment.
4. Thoracic Oswestry Disability Index for thoracic function assessment.

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Acknowledgements

We would like to express our sincere gratitude to the Department of Physiotherapy and Rehabilitation at Jashore University of Science and Technology (JUST) for partially funding this study. We also thank the faculty members, clinical staff, and all participants whose support and cooperation were essential to the successful execution of this research.