

KYNETOTHERAPY OF PHYSICAL DEFICIENCE – HEAD AND NECK TILTED FORWARD

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Abstract: *Head and neck onward is a physical deficiency that reduces the vital capacity of the lungs with over 30% and affects the gastrointestinal system, particularly the large intestine. Along with the installing of this physical disability, the entire motion incidence of the body is affected, making the body rigid and along with the decrease of the endorphins production the pain increases causing a high degree of discomfort to the individual. Poor posture produces a higher pressure on the support elements leading to consuming larger amounts of energy for achieving a steady state. To improve such deficiencies is recommended to submit to physiotherapist treatment consisting of static exercises, dynamic exercises and exercises borrowed from various branches of sports.*

Key words: *posture, condition, treatment, exercises.*

1. Introduction

In the article "Common posture Deficiencies" affection head and neck before is defined as a biological and physical deficiencies the cervical spine in the previous plan one characterized by tilting the head forward (1) (fig.1).

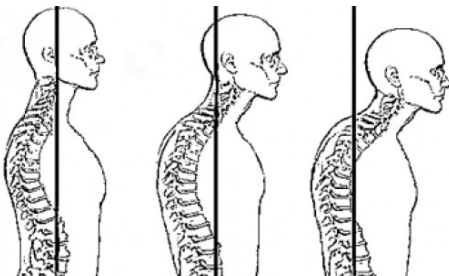


Fig. 1. *Forward head posture, (3)*

Dr. A.I. Kapndji, support given work in the third volume of "The Physiology of the Joints", that for every 2.5 cm deviation of the head and neck before posture, normal (0 point) and the neck muscles of the upper torso claims weigh 5 kilograms bigger because of gravity. This is because The fact that the muscles of the upper torso and neck companions had to work harder contractions constant support head contractions exerts pressure supplementary on occipital nerves resulting pain at the base of the skull and headache [5].

These pains are not the only consequences caused by this affection throughout the body having suffered head and neck tilted forward. Affected that controls the eye movement muscles, balance center (vestibular acoustic device)

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sense of taste and smell, the ability to speak, mastication and swallowing.

Also walking can show the message disorders being affected hand balance and coordination - eye. Patients who have these deficiencies present dizziness and bilateral thymus [1].

Long term head and neck posture tilted forward, internal will include rotation of the upper limbs, chest compression, lumbar lordosis increased risk, decreased range of motion of the body [9].

The causes are related condition determines these activities such as specific work every day (typing at the computer, watching microscope, etc.), driving a car headrest departed head more than 5-7 cm as and sitting position in a position vicious with rounded shoulders and back. Children and young people thanks to this deficiencies appears burdened backpacks, computer video games to excess, lack of physical activities of [9].

"The entire process of development can take different shapes but regardless of these it does not take place proportionally and is not produced instantaneously at all the body's segment levels [8].

2. Diagnosing

Diagnosis of this deficiency can be achieved by clinical and radiological.

Subjective clinical diagnosis, can be done with a plumb using with his help will lead if subject standing position that it stands suffer of this deficiencies.

Correctly taken as a standard which is highlighted when ear, shoulder, hip, knee and ankle found on the same line, plumb through all these points [2].

Another test is easy to perform "wall test" (fig.2) recommended dr. Steve R. article "Correcting Neck Posture: A Key to Pain Relief".

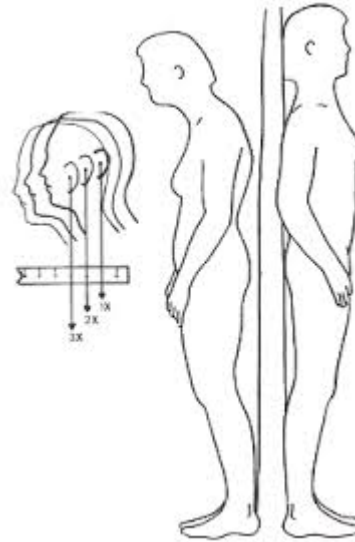


Fig. 2. *Wall test*, (3).

It performs with the individual with his back to the wall, with high heels standing 12 cm. and head against the wall basin.

The distance between the neck and the wall should be about 5 cm in a correct posture, but if distance is greater, the prominent neck forward we talk about biological and physical deficiency head and neck tilted forward.

Radiological diagnosis screen consists in observing head posture which should be also affect each skull showing the mandible, the changes, the tongue and the hyoid bone.

They compress the articular surfaces of the upper cervical vertebrae causing nerve and muscle affections local area neck and head. Most affected are the nerves occipital which determines headaches and facial pain. The fact that these pains are owe movement is blocked first four cervical vertebrae, it is necessary production of endorphins by the brain and spinal cord.

In this issue has inadequate production of endorphins being perceived pain is more intense and unbearable.

3. Treatment

Treatment performed in this condition can be achieved by:

- Medical treatment which screen consists in administering drugs and applying creams that removes headaches, muscle and joint pains [5].
- The cushion „Posture Pal” recommended Joseph Ventura article: ”A new therapeutic weapon to reverse forward head posture – posture pal” to correct this deficiency. Pillow must to be on the floor and be patient in the prone position supports it dorsal his head that will allow this pillow head (fig.3) to be in a neutral position toward shoulders. Dorsal thorax area outline push forward, allowing the muscles stretching the chest and relax toward the muscles in the upper part and middle back.

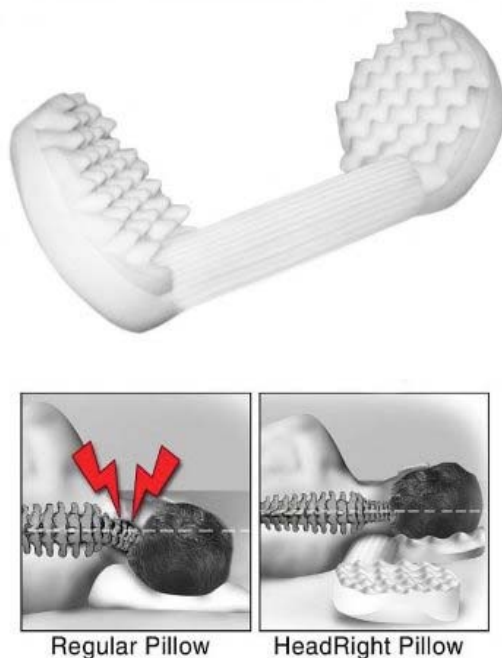


Fig.3. *Pillow*, (3).

Meanwhile shoulder to be allowed wheel back.

Description of pillow:

- Headrest – stabilizes head;
- Neck support - promotes the cervical spine curvature;
- Projection central - support the spine region and extends slightly into the upper part of the back, while stimulating the postural muscles of the spine;
- Shoulder recess - allowing gravity to chest muscles and back muscles relax;
- Lightweight slope - for the lower part of the back.

Frequent use of the pillow "Posture Pal" improves headaches and neck improves muscle tone stimulate the postural muscles of the spine, ensures correct alignment of the head, neck and upper body. The pillow has an important role and improved the chest expanding and enhancing circulation blood respiratory functions.

”Corrective gymnastics medical gymnastics is a part of which comprises a series of corrective musical media. Corrective exercises their content present static and dynamic action, serving to prevent and correct physical deficiencies”[4].

Treatment consists of exercises static, dynamic and borrowed from volleyball:

Static exercises:

- Sitting head wind the strand left hand side head, looked over shoulder, it exerts pressure with his hand in an attempt twisting head right, head without leaving in position to execute the movement;
- Sitting with his back to the wall with a nearby chin back of the neck, head press wall, looking ahead, behind and stuck basin wall;
- Sitting in a chair, head bent to the right arm over his head with his hand left to right ear (fig. 4);



Fig.4. *Static exercise, (3)*

- Standing with hands on forehead keep pushing head backward (fig.5);

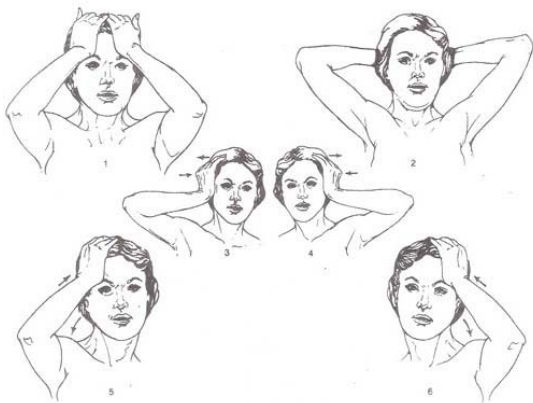


Fig.5. *Static exercises, (3)*

- Standing slightly apart with his hand on his ear left, bending the head left hand put pressure head executes no movement.

Dynamic exercises:

- From standing with arms near body twist head to stage and right, looking over shoulder oriented up (fig.6);

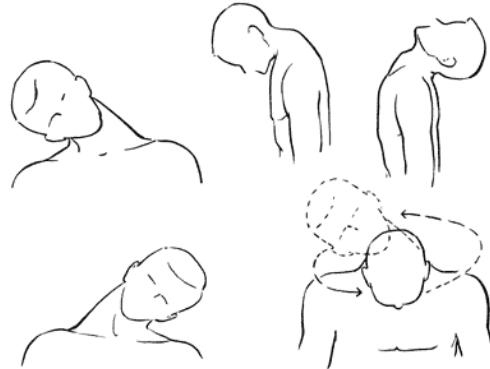


Fig.6. *Dynamic exercises, (3).*

- Prone cushion in the chest, neck extensions;
- From cushion prone to thorax, arms carrying back;
- From standing with arms near body twist head left and right;
- Walk with book on his head, shoulders pulled back, arms diagonally back;
- From standing with arms near body before carrying arms through the top with inspiration, return to exhale;
- From standing with arms near body, rotate your shoulders backwards;
- From standing with arms diagonally back, carrying shoulders backward, back straight, eyes forward, return.

Exercises in volleyball:

- From standing repeated passes of hands up, looking watches to the ball;
- Assists in standing up control two hands with passes between clap hands, eyes watches to see it;
- Ball volleyball drive back in the pelvis, extension lightweight head, shoulders pulled back, back straight look forward;
- Walking with arms bent above, with volleyball head, eyes forward, back straight and male neck bonded;
- Sitting with volleyball in the chest, before carrying arms, return;

- A pair of side of a volleyball net, assists with două hands up, eyes chased the ball;
 - From the prone position with arms stretched forward volleyball, head extension, bird ground ball from hand to hand, eyes watches to see it (2)
 - Of standing against the wall at a distance of 2 meter. Two assists with hands up against the wall, eyes watches to see it;
 - Pairs of upside extension prone, arms folded looking forward to partner with a great volleyball;
 - From sitting with volleyball in the pelvis, carrying the ball up inspiring comeback exhalation.
- The head and neck tilted forward is a disease of modern society that associates feard complictions and should therefore be taken seriously and treated [4].
- Effectiveness of the approach presented can be inferred by the existence of cases in our studies we find the articular balance sheet improvements in terms previous flexion and lateral flexion.

Table 1
Items previous flexion and lateral flexion

	Previous flexion	Left lateral flexion
Initial	20°	28°
Final	11°	15°

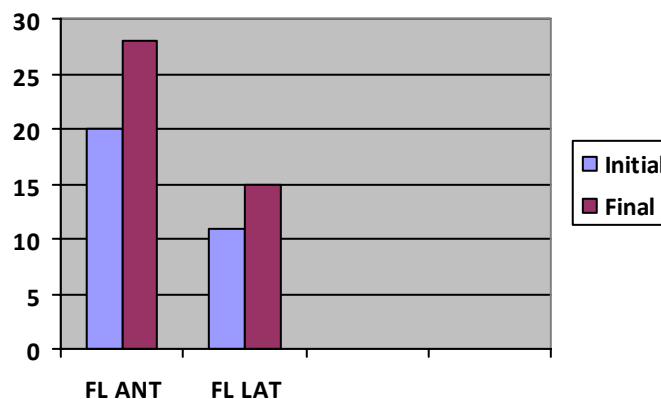


Fig.1. *Balance articular anterior and lateral flexion (degrees)*

4. Discussion

1. Partial physical deficiencies must be examined carefully to determine if they are in the stage of faulty attitude determined by a functional disorder of the musculoskeletal system or deformations resulting from changes in shape and body structure.
2. Exercise used follow generally tone the muscles segment deficient to-1 keep the right attitude, straightening deficiencies its side in the same segment or the segments immediately adjacent, and recovery and maintaining conscious attitude normal, followed by the creation reflex right for this position.

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