



## Relationship between head postural changes and dynamic balance in a symptomatic forward head posture student

Abdelrhman I .Abdelghany<sup>1</sup>, Maher Ahmed Elkablawy<sup>2</sup>,  
Shaimaa El Gharib Ali Salem<sup>2</sup>, and NagiZak Ahmed<sup>3</sup>

<sup>1</sup>Department of Basic Science, Faculty of Physical Therapy, Badr University, Cairo, Egypt.

<sup>2</sup>Department of Basic Science, Faculty of Physical Therapy, Cairo University, Cairo, Egypt.

<sup>3</sup>Department of orthopedic, Faculty of Medicine, MUST University, Cairo, Egypt.

**Abstract : Background:**Forward head posture is a common type of postural deformity seen in patients with neck disorders, resulting in the movement of the center of gravity away from the body. **The purpose:** of this study to investigate the relationship between postural changes and dynamic balance in forward head posture students. **Subjects :**forty students their weight ranged from 50 to 86kg, age ranged from 18 to 21 years and height from 159 to 179 cm participated in this study. **Methods :**the postural changes of the head region (Head postural index)were measured by postureprint software and mediolateral stability, anterioposterior stability and over all stability were measured by biodex balance system .**Results :** there was no significant relationship between postural changes of head region and dynamic balance in forward head posture students. **Conclusion:** there was no relationship between postural changes of head and dynamic balance in forward head posture students.

**Keywords:** forward head posture, postureprint, biodex balance.

Abdelrhman I *et al* /International Journal of PharmTech Research, 2016,9(7),pp 93-98.

\*\*\*\*\*