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Utilization of modified Schroth method in improving reading habit of selected students with upper back pain secondary to upper crossed syndrome at St. Dominic College of Asia**Vince Lawrence R Garcia, Jessamin R Bermudez and Er D Petil**
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Introduction: Upper Crossed Syndrome (UCS) is the weakening and lengthening of the posterior upper back and neck muscles and the tightening and shortening of the opposing anterior pectoral (chest) and neck muscles. With this syndrome, the deep neck flexors are weak, as are the rhomboids, serratus anterior and often the lower trapezius muscles. Opposite to these weak muscles are tight pectoralis major and minor, along with upper trapezius and levator scapulae. The Modified Schroth Method (MSM) is a conservative treatment originally designed in treating scoliosis, it is a three dimensional approach to elongate the trunk and correct imbalances of the spine. This method is composed of specific exercises that are designed uniquely to help stabilize and correct scoliosis.

Methodology: This study utilized quasi-experimental using a purposive sampling technique was conducted in 20 students in St. Dominic College of Asia. The 20 respondents receive Modified Schroth Method (MSM). There are 15 treatment sessions, for 45 minutes in each session for 5 weeks. Interventions were measured using numerical pain scale and Neck Disability Index (NDI) reading section for pre assessment and post assessment result.

Results: Utilizing the NDI reading section on the pre-test and post-test result, a mean score of 70% with because of moderate pain in my neck followed 25% with moderate neck pain in my neck followed by 5% with remote pain in my neck on pre-test and 30% with marginal pain in my neck and moderate pain in my neck followed by 20% with because of moderate pain in my neck and 15% with has no pain in my neck and 5% with rigorous pain in my neck on post-test.

Conclusion: After 15 treatment sessions, the researchers concluded that the MSM intervention is effective in improving reading habit among the selected students of St. Dominic College of Asia.

Biography

Vince Lawrence R Garcia is pursuing his Bachelor of Science in Physical Therapy in St. Dominic College of Asia, Philippines.

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