



Converging Healthcare & Technology

INTERNATIONAL JOURNAL OF CONVERGENCE IN HEALTHCAREPublished by
IJCIH & Pratyaksh Medicare LLPwww.ijcih.com
doi.org/10.55487/ijcih.v3i1.121

Prevalence of Ponytail, Bun, Headband and Hijab on Headache, Cervical Mobility and Forward Head Posture

Tyagi S¹, Saxena A²

¹BPT Student, Maharishi Markandeshwar Institute of physiotherapy and rehabilitation, Maharishi Markandeshwar (Deemed to be University), India, ²Assistant Professor, Department of Neurological Physiotherapy, Maharishi Markandeshwar Institute of physiotherapy and rehabilitation, Maharishi Markandeshwar (Deemed to be University), India

Abstract

Assessing posture and range of motion can benefit greatly from physical therapy techniques for preventing forward head posture and cervical mobility. Reduced cervical mobility and high neck pain are prognostic factors for long-term pain and handicap following a whiplash injury. While poorly understood external compression headaches are thought to come from persistent stimulation of cutaneous nerves caused by pressure being applied to the scalp or forehead. The aim of this study was to assess the effect of different hairstyles on forward head posture, cervical mobility, and headache and their severity among young girls so that the best preventive measures can be taken in order to deduct all the outcomes. 120 students were divided into 4 groups (bun, ponytail, headband, hijab). The forward head posture, cervical mobility, and headache were assessed by photographic method via Web Plot Digitizer, range of motion, and visual analog scale (VAS) respectively. From the data median (IQR) come out as:- VAS-bun 2.5(3), ponytail 3.5(2.3), headband 6.5(2), and hijab 3(4). Craniovertebral angle:- bun 51.82 (6.67), ponytail 49.57 (9.35), headband 51.18 (8.24), hijab 48.39 (6.29). Cervical mobility (extension, flexion, lateral flexion, rotation):- bun- [61(10), 39.5(13), 37(8), 71(9)]; ponytail- [57 (13), 40 (7), 34.5 (13), 72 (12)]; headband- [61(15), 39.5(8), 37(11), 71(13)]; hijab- [60(14), 39.5(12), 35.5(12), 71(10)]. . This study concluded the incidence of headaches was identified in the group wearing headbands, whereas in the group wearing ponytails, the prevalence of decreased cervical mobility was acknowledged. In both the ponytail group and the hijab group, there was a slight preponderance of forward head posture

Keywords: Headache, Forehead, Physical Therapy, Whiplash injury.