



## Effect of Suboccipital Myofacial Release in Cervicogenic Neck Pain

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### Introduction

The neck pain caused due to prolonged sitting in poor posture lining forward on computer, sitting with hunched back, awkward sleeping position cause forward neck posture because of forward neck posture cervical muscle tend to strain and spasm occurs and cause restriction of cervical movement specifically extension. This cause muscle which are the stabilizers of scapula become tighter and not able to hold the head in one position sometimes radiating sensation spread to the hand and headache. Decrease mobility of cervical spine.

### Study Design

- Neck pain is very common in computer workers
- 30 computer workers are diagnosed with neck pain in which 15 placed in group A and remaining 15 placed in group B
- Neck ROM are measured functionally Cervical movement restriction
- Sub occipital, SCM, trapezius muscle spasm is diagnosed.

### Method

- Group A patients are treated with sub occipital myofacial release, cervical snags for cervical mobility, stretching of the tight muscle is used
- Group B is treated with all the exercise except sub occipital release.

### Outcome

After 10 days there is visible difference cervical neck ROM and visual analogue scale Group A noted.