

Effect of Playing Football or Body Building on Measurements of Forward Head Posture

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Abstract : Type of study: Observational cross section study. Background and purpose: Forward head posture (FHP) is a common sagittal faulty posture with anterior head translation relative to vertical posture line. FHP related to temporomandibular joint dysfunctions, neck pain and headache. Sports persons usually overuse one side of the body in training and playing leading to postural imbalance, yet the effect of playing football or bodybuilding on measurements of FHP has never been studied. Participants: Thirty six subjects divided into 3 groups of 12 football players, 12 body builders and 12 students. Method: FHP severity was assessed by measuring the craniovertebral (CVA) and gaze angles, using the photogrammetric method. Photos were taken from right side of subjects while assuming standing position. Analysis of variance was used to assess angles difference between the three groups. Results: No significant differences were found in CVA and gaze angles between the three groups ($P > 0.05$). Conclusion: Playing football or body building doesn't impose significant FHP.

Keywords : craniovertebral angle, gaze angle, football, body building

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