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The relationship among four measurements of round shoulder posture

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Rounded shoulder posture (RSP), associated with altered scapular kinematics and muscle activities can increase stress at the shoulder and result in pain, numbness, loss of function, and various neuromuscular symptoms. This study investigated the validity and reliability of four measurements for RSP in health subjects. Twenty-one healthy subjects (age: 22.3 ± 2.0) were recruited. Four RSP measurements including pectoralis minor index (PMI), acromial distance (AD), scapular index (SI) and shoulder angle (SA) were taken on dominant shoulder of each subject. Convergent validity was presented by Pearson correlation matrix among four tests. The intra-class correlation (ICC) (1, 3) was 0.96, 0.94, and 0.99 for SI, AD, and PMI, respectively. Standard error of measurement was 1.2, 0.3 cm, and 0.1 for SI, AD, and PMI, respectively. High to moderate Pearson correlations were $r = -0.61$ ($p < 0.05$) between AD and SI, $r = -0.52$ ($p < 0.05$) between AD and SA. Low correlations were

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