I d c

Postural alignment and shoulder pain are closely interrelated, with improper scapular mechanics o en contributing to both issues. Scapular mobilization is a therapeutic intervention designed to improve scapular movement and alignment, potentially alleviating pain and enhancing postural stability. is clinical study investigates the e ects of scapular mobilization on postural alignment and shoulder pain, analysing outcomes in patients with shoulder dysfunction. e results provide insight into the therapeutic bene ts of scapular mobilization and its role in comprehensive rehabilitation programs [1].

Shoulder pain is a common musculoskeletal complaint, o en associated with poor postural alignment and abnormal scapular movement. e scapula, or shoulder blade, plays a critical role in maintaining shoulder stability and facilitating upper limb movements. Dysfunctional scapular mechanics, known as scapular dyskinesis can lead to altered postural alignment, contributing to shoulder pain and impaired function.

(curvature of the upper spine) were observed, with a more neutral posture achieved in the intervention group.

Sh de a : Shoulder pain levels signi cantly decreased in the intervention group, with participants reporting lower VAS scores post-intervention and at the three-month follow-up. e average pain reduction was 3.5 points on the VAS scale, compared to a 1.2-point reduction in the control group [4].

F c a a e e

e intervention group exhibited signi cant improvements in shoulder function, as measured by the SPADI. Participants reported better performance in daily activities and a reduction in pain during movement. e average improvement in SPADI scores was 20% greater in the intervention group than in the control group [5].

Scapular mobilization may o er additional bene ts when combined with traditional shoulder rehabilitation exercises, providing a more comprehensive approach to addressing shoulder dysfunctions. e signi cant improvements in functional outcomes further highlight the potential of scapular mobilization as a key component of rehabilitation programs for patients with shoulder pain and postural issues.

C c

Scapular mobilization is an e ective therapeutic intervention for improving postural alignment and reducing shoulder pain in patients with scapular dyskinesis. is clinical study demonstrates the bene ts of incorporating scapular mobilization into rehabilitation programs, leading to better patient outcomes in terms of posture, pain relief, and shoulder function. Future research should explore the long-term e ects of scapular mobilization and its application in various clinical settings.

Ac edge e

None

C c f I e e

None

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