

## Effectiveness of global postural reeducation compared to segmental exercises on function, pain, and quality of life of patients with scapular dyskinesis associated with neck pain: a preliminary clinical trial.

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### Abstract

**OBJECTIVE:** The purpose of this study was to assess the effectiveness of global postural reeducation (GPR) relative to segmental exercises (SE) in the treatment of scapular dyskinesis (SD) associated with neck pain.

**METHODS:** Participants with SD and neck pain (n = 30) aged 18 to 65 years were randomly assigned to one of two groups: GPR and SE (stretching exercises). The upper extremity was assessed using the Disabilities of the Arm, Shoulder, and Hand questionnaire; function of the neck was estimated using the Neck Disability Index; pain severity was measured using a visual analogical scale; and health-related quality of life was assessed using the Short Form-12. Assessments were conducted at baseline and after 10 weekly sessions (60 minutes each). The significance level adopted was  $\alpha < .05$ .

**RESULTS:** For pre-post treatment comparisons, GPR was significantly associated with improvements in function of neck and upper extremities, pain, and physical and mental domains of quality of life ( $P < .05$ ). Segmental exercises improved function of upper extremities and of the neck and severity of pain ( $P < .05$ ). When contrasting groups, GPR was significantly superior to SE in improving pain and physical domains of the quality of life.

**CONCLUSION:** This study showed that GPR and SE had similar effects on function of the neck and upper extremity in patients with SD associated with neck pain. When comparing groups, GPR was superior to SE in improving pain and quality of life.

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**KEYWORDS:** Dyskinesias; Muscle Stretching Exercises; Neck Pain; Physical Therapy Modalities; Posture

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