

Effectiveness of cervicodorsal mobility testing with socialising and playful features of falls risk in older adults with forward head and neck posture: A randomised clinical trial

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Abstract

Objective: The purpose of the study was to assess the effectiveness of cervicodorsal mobility testing with a socialising and playful features in relation to falls risk in older adults with forward head and neck posture. **Material and methods:** The present study was a randomised clinical trial with a longitudinal, experimental design, based on assessment of falls risk using the Timed Up and Go Test in three groups of 44 participants after 16 weeks, divided into: cervicodorsal mobility group, cervicodorsal mobility group with socialising and playful features and a control group that did not take part in the intervention. The 132 participants met the inclusion and exclusion criteria: older adults > 60 years of age, with forward head and neck posture, overweight body mass index and type 1 obesity and with no neurological, rheumatological, systemic, immunosuppressive, infectious, or musculoskeletal diseases. **Results:** There were statistically significant changes in decrease in falls risk in both groups receiving treatment ($p < .05$). The cervicodorsal mobility group decreased in risk by an average of 5.43 seconds and the cervicodorsal mobility group with socialising and playful features decreased by an average of 5.78 seconds. **Conclusion:** Cervicodorsal mobility with socialising and playful features was effective in reducing the risk for falls in older adults with forward head and neck posture and forward neck posture, and no statistically significant differences were observed between the two experimental groups. © 2021 Asociación Española de Fisioterapeutas

Author keywords

Accidental falls; Exercise therapy; Physical therapists; Physical therapy modalities; Risk