

# Effectiveness of Met with K-tape in Reducing Pain, Improving Craniovertebral Angle in Young Adults With Upper Cross Syndrome

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## Abstract

**Background:** It has been observed that the majority of adult individuals are at risk for adopting bad postures that may result in upper cross syndromes. Upper Cross Syndrome (UCS) is characterized by stiffness of the major and minor pectoralis upper trapezius and levator scapula and weakness of the middle and lower trapezius cross over with the deep cervical flexors. The prevalence rate of Upper Cross Syndrome in young adults is 26%.

**Aim:** To assess and compare the effectiveness of Muscle Energy Technique (MET) with Kinesio. Tape to reduce pain, and improve craniovertebral angle in subjects with Upper Cross Syndrome in subjects with upper cross syndrome.

**Method:** This study was a Quasi-experimental study including 18 participants who fulfilled the inclusion criterion and were given MET with K Tape twice a week for four weeks. Pre and post-outcomes were assessed. The data was analyzed statistically.

**Result:** Significant improvement was found in NPRS Score and CV Angle values ( $p < 0.05$ ) among the experimental group.

**Conclusion:** MET with K-tape has a significant impact in reducing pain, and improving CV Angle in young adults with Upper Cross Syndrome

**Keywords:** Craniovertebral Angle; Kinesio Tape; Muscle Energy Technique; NPRS; Upper Cross Syndrome