



Prevalence and Associated Factors of Forward Head Posture among Physical Therapy Students

Petcharat Keawduangdee^{1*}, Tidarat Chotirat¹, Pattharaporn Suwandee¹, Panuwit Paemard¹

¹Department of Physical Therapy, School of Integrative Medicine, Mae Fah Luang University, Chiang rai, 57100, THAILAND

Received June 30th, 2022

Accepted July 10th, 2022

Published July 20th, 2022

***Conference presenter and corresponding author:**

Petcharat Keawduangdee,
Department of Physical Therapy,
School of Integrative Medicine,
Mae Fah Luang University, 333 M.
1, Tha sud, Muang, Chiang rai,
57100, Thailand

E-mail:

6131803019@lamduan.mfu.ac.th
(Tidarat Chotirat)

6131803085@lamduan.mfu.ac.th
(Pattharaporn Suwandee)

6131803079@lamduan.mfu.ac.th
(Panuwit Paemard)

petcharat.kea@mfu.ac.th
(Petcharat Keawduangdee)

© 2022, Keawduangdee, P. et al.

This is an Open Access article
published under a Creative
Commons (CC BY-NC-ND 0.4)
license.



ABSTRACT

Introduction: The students in the physical therapy program, however, have the activity during study hour, but they have to spend many hours studying in front of the computer which leads to the forward head posture.

Objective: The aim of this study is to investigate the prevalence and related factors of the forward head posture.

Methods: This cross-sectional study was conducted in 98 physical therapy students. The participants were asked about personal data, the last day and last week screen time duration which were collected by phone, and the physical activity by Thai Global Physical Activity Questionnaire version 2 (GPAQ). After that they measured the Tragus wall distance (TWD) to diagnose the forward head posture.

Results: The results show that the prevalence of forward head posture is 65.31 and the factors associated with forward head posture were screen time (p-value < 0.01) and physical activity (p-value < 0.05).

Conclusion: There was a high prevalence of forward head posture in physical therapy students in Mae Fah Luang University which were associated with high screen time and low physical activity.

Keywords: *forward head posture; prevalence: associated factors*