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Analyzing the Functional Efficacy of Foam Roller and Gym Ball on the Thoracic Spine Pain: A Comparative Study.

Kiran Prabha¹, Huma Siddiqui², Shagun Agarwal³

Abstract

Background: Excessive thoracic curvature of the spinal column (Hyper kyphosis deformity) is one of the most common postural abnormalities and is one of the most important causes of the upper quarter pathology. Spinal abnormalities in individuals with completed skeletal growth have been reported at an estimated 32% prevalence in adults and a prevalence of 60% in the elderly.

Methods: The Study was a pre-post comparative study. The subjects were allocated to 2 groups through chit methods. The study was conducted at Life Fit Physiotherapy, Shahdara, Delhi. Ethical Clearance was obtained from the institutional ethical committee (IAMR/22/4021) and written informed consent was taken from the subjects before intervention. A total of 35 participants were Screened and 30 patients participated for the study on the basis of Inclusion and Exclusion criteria. And these participants were divided into two groups of 15 participants each. Group-A participants were asked to perform exercises with Foam Roller and Group-B with Gym Ball respectively.

Results: The regression statistics is showing R square value of 0.738119. The pre and post intervention analysis of Foam Roller exercises and Gym Ball exercises group with ANOVA tests shows the F value as 5.63. The test result shows t-value of -0.35541 with a significant p-value of 0.007.

Conclusion: The statistical result shows that there is improvement in both the groups. But when comparing both it's found that Foam roller exercise technique is more effective than gym ball therapy in reducing pain and improving specific function among thoracic spine pain subjects.

Fundings: There is no Funding related to this study.

Keywords: VAS; Pain and PSFS.

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I. Introduction

The goal of physical training is to improve muscle strength, functional mobility, and motor control for better balance, coordination, and endurance. Functional stabilization training begins with identifying range of motion, particularly that of the lumbopelvic region^[1]. The rehabilitative exercises utilizing mid-range oscillatory movements and end-range stretches in prone and sitting rotational movements promote a reduction in pain. Spinal stability is thought to be an important factor in exercise programs for individuals with healthy backs. The effects of physical training on the musculoskeletal system and the ability of the neuromuscular system to adapt to the speed, resistance, and duration of specific types of training have long been known^[1].

As clinical practice is time intensive, clinicians have become sensitive to changes in practice that consume valuable time. These changes have prompted an increase in the research and development of more user-friendly, patient-specific outcome measures. The Patient-Specific Functional Scale (PSFS) is a self-reported, patient-specific measure, designed to assess functional change, primarily in patients presenting with musculoskeletal disorders. The proposed advantages of the PSFS include its wide applicability and ease of use clinically, both desirable attributes in an outcome measure. Currently, the PSFS is used by clinicians, researchers, and healthcare policymakers in their respective settings. It has been proposed that the PSFS be incorporated into the verbal exchange that occurs between therapist and patient, to highlight the functional problems as reported by patients and to document the interaction for clinical interpretation^[2].

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Open Access Article

EFFECT OF MUSCLE ENERGY TECHNIQUE VERSUS ULTRASOUND WITH STATIC STRETCHING IN IMPROVING THE HAMSTRING FLEXIBILITY IN INDIVIDUALS WITH HAMSTRING TIGHTNESS

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ABSTRACT

Background: Among the muscle undergoing adaptive shortening, hamstring is the one commonly going for adaptive shortening. Hamstring tightness could make the Musculo tendinous unit more susceptible to injury, increase resistance to various anatomical structures, which may lead to overuse syndrome. Thus, this study was aimed to found out the effect of MET technique versus ultrasound with static stretching in improving the hamstring flexibility in individuals with hamstring tightness.

Methods: A total of 30 normal individuals with hamstring tightness at physiotherapy outpatient department participated in this study, with age between 18 to 25 years both male and female were selected and divided into two experimental groups, Group A and group B. The values of outcome measures were recorded before the beginning of treatment regime Day 1 and at the end of treatment regime Day 7. Statistical tools used in this study is paired t- test and unpaired t- test.

Results: The results revealed pretest values of group A and Group B is analyzed by unpaired 't' test. The calculated 't' value is $0.294 < \text{table 't' } 1.701$ at 5% level of significance. Post test value of Group A and Group B. Calculated 't' value is $3.53 > \text{table 't' } 1.701$ at 5% level of significance.

Conclusion: Muscle energy technique is more effective than ultrasound therapy with static stretching in improving the hamstring flexibility in individuals with hamstring tightness

Keywords: Hamstring flexibility, Muscle energy technique, Ultrasound therapy with static stretching, Active knee extension test.

摘要：背景：在进行适应性缩短的肌肉中，腘绳肌是适应性缩短的常见肌肉。腘绳肌紧绷会使肌腱单位更容易受伤，增加对各种解剖结构的抵抗力，这可能导致过度使用综合症。因此，本研究旨在找出 MET 技术与超声结合静态拉伸在改善腘绳肌紧绷患者腘绳肌柔韧性方面的效果。

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The effectiveness of a workstyle intervention on the recovery from chronic neck and upper limb symptoms in computer workers

Rahul Sharma *, Dr.Shagun Agarwal **

Background and purpose: Jobs requiring the use of a computer input device often expose workers to awkward and sustained posture and repetitive motion of the upper extremities which have been demonstrated as cause of work related shoulder and neck pain. Generally the assessment of computer workers posture is done in clinic and mostly in standing and seating position usually do not involve work style modification or work habit modification. The purpose of this study was to evaluate the effect of an intervention that tends to decrease workload by improving work style and to increase capacity by giving physical therapy intervention in computer workers with chronic neck pain. A work style modification has been shown to be effective in reducing musculoskeletal discomfort.

Methods: Thirty patients with chronic neck and upper limb symptoms in computer workers were randomized into two groups as follows: group 1 - physical therapy intervention and work style intervention; group 2 - physical therapy intervention only. This is a three weeks intervention. The patients were evaluated with a visual analogue scale, Neck Disability Index, and Northwick park neck pain questionnaire (NWNPO). Measurement has taken before start of study, after one week, and at the end of study.

Results: Subjects those who received physical therapy intervention with work style intervention their VAS, NDS, and NWNPO scores improved 1.4, 1.2 and 1.2 times more respectively than those who received only the physical therapy intervention.

Conclusion: This study provides evidence that both the intervention programs are effective in improving neck and upper limb symptoms in computer workers, but work style intervention with physical therapy intervention is more effective.

Keywords: Neck and upper limb symptoms; Computer workers; Work style intervention; deep neck flexors training; endurance strength training.

INTRODUCTION

Jobs requiring the use of a computer input device often expose workers to awkward and sustained posture and repetitive motion of the upper extremities which have been demonstrated as cause of work related shoulder and neck pain. The US Department of health and human services estimated that in 1996, 7% of human men and 9% of US women experienced some of work related neck pain.⁵⁴

The incidence of neck pain combined with the increased numbers of workers using computer prompted the US occupational safety and health administration (OSHA) to institute guidelines and ergonomics evolution procedures for working safely with visual display terminals. The OSHA visual

display terminal guidelines allow companies to determine the presence of work related musculo-skeleton discomfort risk factors and provide specific recommendation for safe seating and visual display terminal setup in order to protect office workers. Altering the position of office equipment such as the visual display terminal or mouse input device has been shown to modify muscle activity and reduce symptoms.⁵⁴

Cook and kothiyal demonstrated that positioning of computer mouse closer to the key board and eliminating the numeric key pad results in a significantly lowered muscle electro myographic activity in VDT users than when mouse placed in a position where the user was required to abduct the

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Management Information Systems (MIS)

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Abstract

Decision making is an integral part of the functioning of any organization. To facilitate Decision making in this ever-competitive world it is imperative that managers have the right information at the right time. To bridge the gap between need and expectation. To facilitate better flow of information adequate Management Information Systems (MIS) is the need of the hour. Thus it is important to have an understanding of MIS followed in an organization by all levels of management in order to take effective decisions. Reporting to top management / directors for further action.

A management information system collects and processes data (information) and provides it to managers at all levels who use it for decision making, planning, program implementation, and control. The MIS has many roles to perform like the decision support role, the performance monitoring role and the functional

support role. To get a realistic and holistic view of the MIS, MIS of Continental Software Solutions Limited is taken as a case study. To get a more detailed understanding of a particular function of the company, we studied the need, uses and benefits of MIS with respect to the IT Department of the company. Inventory Management was of prime focus in our study. CSSL is one of the Indian companies to realize the potential and importance of information technology and adopt automation and IT. The organization started computerizing its systems as early since 1997. CSSL is a software development company to Europe, Australia, America, UAE and providing Online Exhibition management software to organizers, visitors and Speaker and delegates.

The organization has travelled a long way from the days in 1997 when it was using simple Windows 3.11 based machines. Significant improvements have been made in the application systems and infrastructure. P2, P3, dual core, core2 duo etc. From IBM1401, 486 to the latest UNIX and Windows7,8 and 10 based machines. It has made timely transitions determined by available technologies. The MIS has greatly facilitated and synchronized the information flow in the organization and the management feels that it has played a role in the growth and increased performance of the company.

Keywords : MIS , Decision Making

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Evolution of Fintech Models from Pre to Post Covid Era: A Systematic Analysis

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Abstract

Fintech is an innovation that brings new items, applications, and marketing strategies that may have an impact on the development of the financial industry and the delivery of financial services, fostering a culture of competition and provider reputation.

Aim. The aim of this research is to analyze and assess how the fintech models utilized by various financial and business organizations have changed from the pre-covid period to the post-COVID-19 era.

Methods. A secondary deductive qualitative kind of research approach was adopted. The research methodology used in this study is qualitative and descriptive in nature. The data collection was conducted using a doctrinal or theoretical approach. The major findings are then collected and analysed after the descriptive selection of secondary publications as part of this research approach. Positivism philosophy is used in this research along with theoretical strategy. A secondary data collection method was chosen over the primary to save time and avoid participant handling challenges. The papers would be chosen from well-known journal websites like EMBase, Google Scholar, and PlosOne and then were subjected to inclusion and exclusion criteria developed by the researcher. In order to produce a firm conclusion, a systematic review was conducted.

Results. The findings in the systematic review show that variables influencing consumer adoption of Fintech include data security and privacy, trust, and high-tech tools. FinTech models have evolved due to the increase in consumer engagement, and the COVID-19 lockdown played a pivotal role in the increase in usability of various Fintech models for personal or business transactions.

Conclusion. Fintech models have changed to adapt the customer behaviour and have evolved

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AN INQUIRY OF THE NEW TECHNOLOGICAL INTERVENTIONS THAT AID HOSPITALITY INDUSTRY IN CRISIS MANAGEMENT: A STUDY OF 5 STAR HOTELS IN DELHI NCR

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Abstract

This study focused on five-star hotels in Delhi NCR to better understand current technological innovations that can help the hospitality industry manage crises. The lack of advanced technologies has increased the burden and stress on hotel employees. To achieve the research objective, descriptive and exploratory research was conducted.

We used knowledge management, systems and structural-functional systems theories to assess crisis communication among stakeholders. This research uses both qualitative and quantitative methods. The qualitative data was gathered by reviewing the researchers' previous work. The hypothesis is built and quantitative data is collected using a 5-point Likert Scale. This study's data is kept anonymous to avoid judging. The research results show that five-star hotels in Delhi NCR have used artificial intelligence and automation to improve the seamless customer experience and overcome organisational crises.

The research concluded that new technological interventions like Artificial Intelligence, automation, internet of things (IoT) and mobile application aided the hospitality industry in resolving its crisis on all fronts. Technological advances have improved hotel operational efficiency, allowing them to provide better service. Finally, improvements and research ideas are suggested.

Keyword: Crisis Management, Knowledge Management Theory, Systems Theory, Artificial Intelligence, Mobile Applications

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