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Effectiveness of Janda's Approach for Upper Crossed Syndrome: A Systematic Review

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Upper Crossed Syndrome (UCS) is a neuromotor condition causing postural imbalances in the neck, shoulders, and multiplanar postural symmetries. Janda's approach, which focuses on muscular imbalance correction, motor control, and therapeutic exercises, offers a comprehensive foundation for physiotherapy interventions. The study investigates the effectiveness of Janda's ...

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