

ROLE OF DNS (DYNAMIC NEUROMUSCULAR EXERCISES) ON CHRONIC NECK PAIN: A HYPOTHESIS

Sumedha Bhatia¹ & Vishesh Singhal²

¹*Assistant Professor, Department of Physiotherapy, Rayat Bahra University, Kharar, Mohali, India*

^{1,2}*Research Scholar, Jayoti Vidyapeeth Women University, Rajasthan, Jaipur, India*

²*Assistant Professor, Department of Physiotherapy, Chandigarh University, Gharuan, Mohali, India*

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ABSTRACT

Chronic neck pain is one of the major problems faced by people worldwide and there is various method to cure them, Concept of DNS work upon the scientific principles of kinesiological and biomechanical development by improving neurophysiological aspects of the movements. It is necessary for activation of deep neck flexors which is not achieved purely by isometrics strengthening and other stabilization and strengthening exercises programs. On the contrary, the stability of the nucleus is achieved through the precise coordination of these muscles and the central nervous system and regulation of intra-abdominal pressure. Therefore, DNS exercise play a key role in the treatment of patients with chronic neck pain.

KEYWORDS: *DNS, Neck*