A forward head posture occurs more frequently in white-collar workers and students sitting at the desk for a long time. Axial rotation is essential for everyday life without neck pain. Currently, there is a lack of research on neck rotation.

[1] is to investigate the effects of visual feedback on the neck rotation angle, lateral flexion angle, lateral flexion movement onset time, and neck muscle activity in adults with anterior head posture.

The rotation of the neck bone is rotated to the left and right axes as shown in Fig. 2.

Here, the angle is 60° ~ 90°. Also, be careful that the jaw does not touch the shoulder line. In the neck bone, the lateral flexion and rotation occur together but in different directions. Fig. 3 shows the rotation of the neck as seen above.

In other words, move the ear towards the shoulder direction. The normal range of joint movement is 20° ~ 45° to the right and left. It is possible to compare the movements of each of the stages by promoting the transverse processes when moving. Precautions must be taken not to move the shoulder towards the ear at this time.
The rotation of the neck bone is rotated to the left and right axes as shown in Fig. 3. Here, the angle is 40° ~ 90°. Also, be careful that the jaw does not touch the shoulder line. In the neck bone, the lateral flexion and rotation occur together but in different directions. Fig. 4 shows the rotation of the neck as seen above.

Treatment methods for the abnormality in the lateral flexion and rotation of neck bone include cervical joint mobilization, muscle stretching, traction & compress, and gliding, etc.

Experiments were conducted on subjects of 50 people in their fifties. The experimental results are shown in Table 1. The lateral flexion problem is a person with a problem in the lateral flexion of the neck bone. In other words, the angle of the lateral flexion is less than 20° to 45°, or it causes pain. Rotation problem is a person with a problem of rotation of the neck bone. That is, the angle is less than 40° to 90° or causes pain. Both problems have both lateral flexion and rotation problems.

<table>
<thead>
<tr>
<th>Categories</th>
<th>Lateral flexion problem</th>
<th>Rotation problem</th>
<th>Both problems</th>
</tr>
</thead>
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<tr>
<td></td>
<td>Left</td>
<td>Right</td>
<td>Left</td>
</tr>
<tr>
<td>Before treatment (No. of persons)</td>
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<td>7</td>
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<tr>
<td>After treatment (No. of persons)</td>
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<td>3</td>
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</tbody>
</table>

**Table 1. Experimental Results**

Total no. of persons : 50

Cervical spine is the section between the cranium and thoracic vertebrae among the vertebrae and is the bone structure that forms the neck section of the body. It supports the body and maintains the balance through the ligaments and muscles from the cranium to backbone. In addition, it has the function of protecting the spinal cord and enabling the movement of the spine.

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**참고문헌**