

Short Communication**“(PILOT) - ES”**

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JK-Practitioner 2021;26(1): 58**Introduction**

Most of the Pilots report neck pain during their aviation career. Neck pain, a common condition, not only affects normal individuals but also pilots. There is a high prevalence rate but causes are not clear yet considered as work related. Working environment of the pilots i.e. Bad posture, working in unfavorable situations like altered ergonomics during their flying missions are responsible for neck pain. Age is also a significant factor that has a negative effect on cervical spine.

Researchers studied those certain changes in cervical spine (kyphotic changes) leads to the alteration in cervical spine which causes neck pain. Night vision equipments i.e. Helmets worn by the pilots leads to increase muscle work due to the excessive load on their cervical spine. Thus, increases neck pain in pilots.

Work force on neck pain and its connected disorders, the pain in the neck region is placed between superior nuchal line and spine of scapula, the anatomical area confined by the occipital protuberance and superior nuchal line, Superior border of the clavicle and suprasternal notch, with or without radiating pain to the head, thorax and upper limbs according to the Bone & Joint Decade 2000-2010. If the neck pain lasts for more than three months, it is considered as chronic pain. Various neck exercises like neck stretches and strengthening exercises of neck, combination of Manual therapy helps in relieving the neck pain. But few researchers established the fact that Pilates exercise program, is the best exercise and a best possible way to treat neck pain.

Pilates Training or method given by Joseph Hubertus Pilates in early 1920's, is a connection between mind and the body, consist of physical activity program which aims to achieve rehabilitation programs for various purposes like treating pain improving strength, flexibility, Balance & Coordination, Memory & Concentration and ultimately the quality of life of patients by maintaining the stabilization of the spine.

Pilates training are based on two approaches. First, Traditional Approach which consists of exercises with pre-defined repetitions with and without modifications. Secondly, Modern approach which consist of exercises modified according to the needs of an individual.

Further Reading

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