

Date: 20-Feb-2026

**COMPARATIVE EFFECTS OF GLOBAL POSTURAL RE-EDUCATION AND
NASM-BASED CORRECTIVE EXERCISES IN PATIENTS WITH UPPER CROSS
SYNDROME**



SUPERIOR UNIVERSITY

Thesis Submitted to

The Superior University Lahore

In Partial Fulfillment of the

Requirement for the Degree of

MS Rehabilitation Sciences

By

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Roll No. SU91-MSRSW-S24-003

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Faculty of Allied Health Sciences

ENGLISH CONSENT FORM

The study you are about to participate is a randomized control trial survey titled as;

“Comparative Effects of Global Postural Re-education and NASM-based Corrective Exercises in Patients with Upper Cross Syndrome.”

The study has no potential harm to participants. All data collected from you will be coded in order to protect your identity, and should not be disclosed to anyone. Following the study there will be no way to connect your name with your data. Your answers to the questions will not affect the quality of education given to you. Any additional information about the study results will be provided to you at its conclusion, upon your request.

You are free to withdraw from the study at any time. You agree to participate, indicating that you have read and understood the nature of the study, and that all your inquiries concerning the activities have been answered to your satisfaction.

NAME _____

SIGNATURE _____

DATE _____