



EDITORIAL

UNVEILING THE LANDSCAPE: NETWORK ANALYSIS IN PAKISTAN'S ACADEMIC REALM

Ali Farhad.....01-02

LETTER TO THE EDITOR

COLLABORATIVE TEAM IN THE MANAGEMENT OF DYSPHAGIA

Hafeez Punjani, Afshan Memon, Zoha Asif, Tahmeena Tabish03-05

SYSTEMATIC REVIEW

EFFECTS OF PHYSICAL THERAPY-BASED MANAGEMENT APPROACHES FOR TENSION TYPE HEADACHE

Aribah Ahmed, Nabeel Baig, Dr. Ummul Kiram Sheikh Zain-ul-Abedin.....06-16

NARRATIVE REVIEW

EFFICACY OF EXERCISE-BASED TECHNIQUES TO TREAT STRESS URINARY INCONTINENCE IN FEMALES EXCEPT FOR KEGELS TECHNIQUE: A NARRATIVE REVIEW OF THE LATEST EVIDENCE

Sameera Mushtaq.....17-29

ORIGINAL ARTICLES

INVESTIGATING THE BINGE-WATCHING BEHAVIOR ON INSOMNIA AND OBESITY AMONG GENERATION Z

Aniqa Saeed.....30-42

EFFECTS OF CRANIOCERVICAL FLEXION EXERCISES AND SCAPULAR STABILIZATION EXERCISES IN NECK PAIN AND FORWARD HEAD POSTURE AMONG FEMALES WEARING HEADSCARVES

Sanjeela Abbas, Rabiya Noor, Muhammad Salman Bashir, Tehreem Mukhtar.....43-50

GENDER DIFFERENCE IN FUNCTIONAL DISABILITY AMONG PATIENT WITH NON-SPECIFIC CHRONIC LOW BACK PAIN

Fareeha Amjad, Adnan Hashim, Amna Bashir, Shaista Sunbal.....51-56

COMPARISON OF PATELLAR MOBILIZATION AND TAPING IN PATIENT WITH PATELLOFEMORAL PAIN SYNDROME

Rabia Khan, Shahnaila Anum, Ghouzia Shahid, Farhan Ishaque, Muhammad Usman, Sobia Hassan.....57-64



EFFECTS OF CERVICAL MUSCLES STRENGTHENING WITH AND WITHOUT SHOULDER EXERCISES IN POST MASTECTOMY PATIENTS WITH NECK PAIN

Nimra Basit, Hafiza Neelum Muneeb, Dr.Muhammad Amir, Kinza Mazhar65-71

FUNCTIONAL OUTCOME AMONG PATIENTS WITH ARTHROSCOPIC ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION WITH ENDO-BUTTON AT GHURKI TRUST TEACHING HOSPITAL POST 6 MONTHS- A SINGLE CENTERED SURVE

Maria Abdul Karim, Hufsa Tariq, Hafiz Muhammad Asim.....72-78

OCCURRENCE OF LOWER EXTREMITY MUSCULOSKELETAL INJURIES DURING THE LOCKDOWN IN ATHLETES

Ghazal Azhar, M. Faheem Afzal, Dr. Haseeb Ullah Ahammad, Ghousia Ifthikhar, Dr. Adeela Asif79-87

SMART FOOT INSOLE FOR REDUCING THE RISK OF FOOT ULCERS IN DIABETIC PATIENTS BY MEASURING PLANTAR PRESSURE

Mehwish Faiz, Tamima Imtiaz, Bushra Zafar, Fahad Shami, Sehrish Khan, Hamnah Abid.....88-98

EFFECTS OF MULLIGAN ROTATIONAL MOVEMENT VERSUS MEDIAL GAPPING TECHNIQUE ON PAIN, RANGE OF MOTION AND DISABILITY IN PATIENTS WITH KNEE OSTEOARTHRITIS

Hina Gul, Iqra Tahir.....99-110

ASSESSMENT PRACTICES OF SPEECH AND LANGUAGE PATHOLOGISTS FOR COGNITIVE COMMUNICATION IMPAIRMENTS AFTER TRAUMATIC BRAIN INJURY

Umarah Khadim, Shumaila Zubair, Rabia Zubair.....111-119

MEASURE THE LEVEL OF SENSORY PROCESSING PROBLEM IN CHILDREN WITH AND WITH OUT AUTISM IN CLASSROOM ENVIRONMENT

Nighat Tahir, Asma Khalid, Sana Nauman.....120-129

FREQUENCY OF TIBIA VARA AMONG OBESE ADOLESCENTS: DESCRIPTIVE CROSS-SECTIONAL STUDY

Nadiyya Hamid, Somia Faisal, Nabeela Safdar, Hafiz Muhammad Asim.....130-137

EFFECTS OF RELAXING MUSIC THERAPY ALONG WITH TASK-ORIENTED TRAINING OF LOWER LIMB ON BALANCE AND FUNCTIONAL INDEPENDENCE IN PATIENTS WITH CHRONIC STROKE: A RANDOMIZED CLINICAL TRIAL

Ayesha Jamil, Hafsa Zahid, Fariha Khalid.....138-145

EFFECTS OF KINESIO-TAPING VS DRY NEEDLING IN THE MANAGEMENT OF MECHANICAL LOW BACK PAIN

Adeela Asad, Taimoor Hassan, Sidra Kouser, Muhammad Ammar, Sarah Kafeel.....146-155