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Correlation between neck pain and postural abnormalities among university office workers in Saudi Arabia.

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Neck-pain is a common problem of work-related musculoskeletal disorders. Office-workers have a higher risk of developing neck-pain compared to the general population, and female office-workers are three times more likely to develop neck-pain.

Objectives

To examine the relationships between neck-pain and disability, thoracic-kyphosis, and cervical sagittal translation mobility and to determine the impact of demographics on pain-intensity.

Methods

Cross-sectional study on 140 female office-workers (35.47 ± 4.56 years) with nonspecific neck-pain from medical colleges of Imam Abdulrahman bin Faisal University. The main outcome measures: Pain-intensity (Visual Analogue Scale), neck-disability index (Neck Disability Index), thoracic-kyphosis (Spinal Mouse) and cervical sagittal translation mobility (Myrin's inclinometer/goniometer). Multiple Linear Regression was utilized to analyze the association between pain-intensity and neck dysfunctions. Univariate analysis of variance determined the impact of the participants' demographics on pain-intensity.

Results

Pain-intensity is significantly associated with high neck-disability, a high thoracic-kyphosis ($t=2.677, 18.466, p=0.008, 0.000$ respectively), and limitation of cervical sagittal translation mobility ($t = -2.411, p=0.017$). A significant relationship exists between pain-intensity and age ($F=2.839, P=0.000$), years of experience ($F=75.759, P=0.000$), and daily paperwork hours ($F=11.603, P=0.000$). In contrast, no significant relationship exists between pain-intensity and BMI ($F=1.802, P=0.184$), daily working hours, and computer hours ($F=0.707, 1.387, P=0.497, 0.240$ respectively).

Conclusion

High pain-intensity may be associated with increased disability, thoracic-kyphosis abnormality, and limitation in cervical sagittal translation mobility among female office-workers. Advanced age, increased years of experience, and more paperwork hours have an impact on increased neck pain-intensity.

Biography

Doaa Al-Saleh is specialized in Musculoskeletal Physical Therapy also completed her Msc in physical therapy sciences. Research interests are physical therapy and pain medicine.

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