



CASSESSMENT of Neck Pain in Workers Carrying Weight: An Observational Study

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ABSTRACT

Background and Purpose: Neck pain is a major problem in modern society. Neck pain is assumed to be a multifactorial disease, and therefore it is assumed that there are several risk factors contributing to its development. Risk factors can be work-related or nonwork-related, and they can be divided roughly into 3 categories (i.e., physical, psychosocial, and individual risk factors). This study was conducted for Assessment of Neck pain in workers carrying weight

Materials & Methods: Voluntary participation is take of 120(n=120)(age=18-45) workers in the study. All participants have history of Neck pain . All participants have major complain of neck pain after there work period. A questionnaire was developed using Neck Pain and Disability Scale. The Neck Pain and Disability scale (NPAD) is a composite index including 20 items which measure the intensity of neck pain and related disability. Data was collected in the google forms and analyzed with the help of SPSS 26 and MS Excel.

Results: The results are very clear and show that there is indeed neck pain in the workers carrying heavy weight (77.47 ± 20.475). The correlation between Age and Pain score is (.291) which show a positive correlation meaning as the age increases the pain also increased.

Conclusion: As a result of this study, we may conclude that workers who carry weight in their daily employment experience severe neck pain. The age is also linked to the pain.

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I. INTRODUCTION

The neck is the portion of the body that connects the head to the torso and allows the head to move. It is made up of numerous vertebrates(1). The human neck's structures are divided into four compartments: vertebral, visceral, and two vascular compartments. The cervical vertebrae and cervical section of the spinal cord, higher parts of the respiratory and digestive systems, endocrine glands, nerves, arteries, and veins are all housed inside these compartments. Neck muscles are described separately from compartment muscles. They tied the neck triangles together(2).

Cervicalgia, or neck pain, is a common condition that affects two-thirds of the population at some point in their lives. Neck pain can be caused by a variety of spinal disorders, despite the fact that it is felt in the neck(8). Muscle tension in the neck and upper back, as well as pinching of nerves exiting the cervical vertebrae, can produce neck discomfort. Pain is caused by joint disturbance in the neck, as well as joint disruption in the upper back. The head is supported by the lower neck and upper back, and pain in these areas is common. The neck and head move the most at the top three joints of the neck. The lower neck and upper back joints provide a sturdy platform for the head to rest on. The muscles in the area tense when this support system is weakened, resulting in neck pain(9).

PROCEDURE

A google form was developed with the help of Neck Pain and Disability Scale. In the form, All were guaranteed that their information would be confidential. All participants first filled up the consent form and gave consent for their study and then the demographics which included the name, age, height, weight, gender, and occupation were filled in the demographic part of google forms.

1. Consent Form: This form provided information regarding the purpose and proposed outcomes of the study and allows the participants to give their agreement for the study and participate anonymously. The subjects were guaranteed about their information is confidential and they will not be receiving any form of compensation or credit for the study as the participation is voluntary.
2. After the completion of the consent form, the demographics including the name, age, gender, height, occupation, and address were taken and gynecological assessment was done based on their menstruation.
3. Then the subjects were asked to fill the Neck Pain and Disability Scale questions.
4. All data was stored in M.S excel and Google form
5. All Data was anlyazyed with the help of SPSS 26.

II. DATA ANALYSIS

Data Analysis: Data analysis was done under the Social Science Packaging Software SPSS 26.0 version. An independent T-test and paired t test were used to compare readings. The graphical representation is done using MS EXCEL 2016.

III. RESULTS

The results are very clear and show that there is indeed neck pain in the workers carrying heavy weight (77.47 ± 20.475). The correlation between Age and Pain score is (.291) which show a positive correlation meaning as the age increases the pain also increased.

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TABLE NO 5.1: DEMOGRAPHIC DESCRIPTIVE

	AGE(18-45)	HIGHT	WEIGHT
Mean	36.60	7.7752	76.95
N	120	120	120
Std. Deviation	9.748	9.39165	10.115

TABLE NO 5.2: WORKING HOUS AND WORKING DAYS.

	WORKING HOURS (6-10)	WORKING DAYS(5-7)
Mean	6.20	5.50
N	120	120
Std. Deviation	.791	.679

TABLE NO 5.3. NECK PAIN AND DISABILITY SCALE SCORE (PAIRED T TEST)

Neck Pain and Disability Scale Score				
	N	Mean	Std. Deviation	Std. Error Mean
SCORE	120	77.47	20.475	3.237

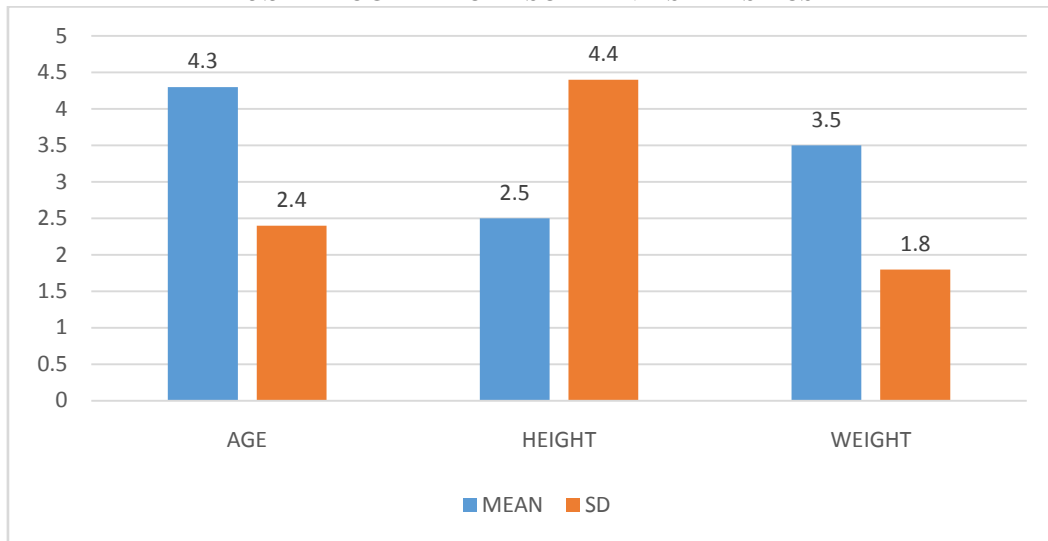
TABLE NO 5.4 CORREALTION OF AGE AND NPDS SCORE

Correlations			
		AGE(18-15)	SCORE
AGE(18-15)	Pearson Correlation	1	.291
	Sig. (2-tailed)		.069
	N	120	120
SCORE	Pearson Correlation	.291	1

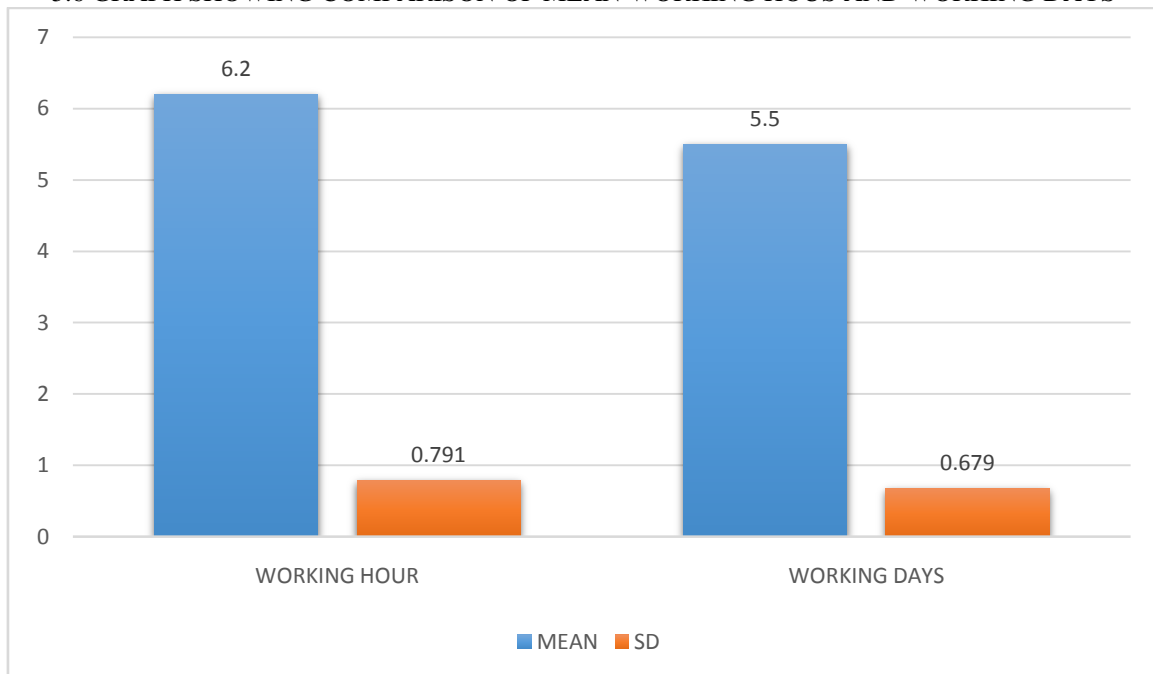
	Sig. (2-tailed)	.069	
	N	120	120

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5.5 DEMOGRAPHIC DESCRIPTIVE STATISTICS



5.6 GRAPH SHOWING COMPARISON OF MEAN WORKING HOUS AND WORKING DAYS



IV. CONCLUSION

As a result of this study, we may conclude that workers who carry weight in their daily employment experience severe neck pain. The age is also linked to the pain.

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