

ID: 108

Scientific Abstract

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Topics:

Pain Rehabilitation, Technology/Informatics

Keywords: Smartphone, neck pain, cervical ROM, stretching, postural modification.

Analysis Of the Relationship Between Smartphone Users and Neck Disability Treatment Programs: A Quasi – Experimental Study

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objective: The continuous of using a smartphone for a long time can cause various musculoskeletal problems. Incorrect postures such as a hunched or neck bending postures which strain the neck. Malaysia Communications and Multimedia reported that smartphone users were dominated by young adults, from the age group of 20 – 24 with 18.8%. A college student at age of 20 – 24 years old have been found to have the risk of neck pain resulting from the addition of using a smartphone. The objective of this study was to analyze the effectiveness of basic neck disability treatment programs (stretching and postural modification against stretching alone) in smartphone users among students of University in Malaysia.

Materials and Methods: The study design was a quasi-experimental study. Minimum of 30 participants was selected for those who met the inclusion criteria. Participants were allocated to Group 1 (Stretching and Postural Modification) and Group 2 (Stretching), 15 each. Pain intensity and cervical range of motion were evaluated before interventions and after 4 weeks of interventions.

Result: The results in this study indicated that both stretching and postural modification versus stretching alone were equally effective in reducing neck pain and improving cervical range of motion of smartphone users, however, there was no significant difference found between the groups. Thus, the null hypothesis was accepted and rejected the alternate hypothesis.

Conclusion: After 4 weeks of intervention, participants in Group 1 were significantly improved than participants in Group 2.