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The primary purpose of this study was to measure the prevalence of low back, shoulder and neck pain among students

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Purpose: The primary purpose of this study was to measure the prevalence of low back, shoulder and neck pain among students studying in senior semesters of medical departments of private university The University of Faisalabad.

Methods: Validated and Reliable Standardized Nordic Questionnaire was used to collect data from randomly selected one hundred and twenty three students out of one hundred and seventy seven students. Questionnaire riveted on shoulder, neck and low back pain in past year and past week.

Results: Mean age of respondents was (22.4 ± 1.3) years. 56.1% students reported low back pain, 52.0% students reported neck pain and 27.6% students reported shoulder pain during last 12 months. Students reported low back pain 39.8%, 28.5% students reported neck pain and 11.4% students reported pain in both shoulders during last 7 days. Low back pain reduced more level of work activity and leisure activity (36.6% and 35%) respectively as compare to neck pain (31.7% and 30.3%) and shoulder pain (13% and 10.6%). Results of independent sample t-test showed that Prevalence of neck and low back pain increases as their year of study increases or as they progress to higher grades ($p=0.014$, $p=0.000$) respectively. Prevalence of neck pain increases with the increasing age of students ($p=0.025$). However, there was no statistical significance ($p>0.05$) for average working hours, weight, height, body mass index and shoulder, neck and low back pain.

Conclusion: Low back and neck pain were relatively common among students from medical departments. Neck, low back pain reduced student's work and leisure activity markedly. Further assessment is needed to find out contributing factors and steps must be taken to prevent prevalence rate.

Keywords: Low back pain, Neck pain, Shoulder pain, Students, Faisalabad

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