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Prevalence of neck pain in laboratory technicians

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Aim of the present study is to determine the prevalence of WMSDs [Work Related musculoskeletal disorders; Neck Pain] in laboratory Personnel. Objectives of the study are to evaluate the main health disorders [Neck Pain] of laboratory workers. Both male and female and laboratory personnel having worked experience of one or more than one year were included in the study. Laboratory personnel having any pathology related to neck and recent trauma or surgery to neck or shoulder were excluded from the study. Cross sectional descriptive study using a self administered questionnaire were used. Laboratory personnel having work experience of one or more than one year were taken. An informed written consent was taken from the laboratory personnel who fulfilled the inclusion criteria. They were asked to fill a self administered questionnaire which was then evaluated. The total number of participants was 120. The mean age was 28 years and the overall disability rate was 82.5%. The reasons for developing neck pain can be due to Cumulative trauma disorders (CTD) or repetitive strain injuries (RSI) or occupational overuse syndromes (OOS) of the musculoskeletal system or work related musculoskeletal disorders. These situations often lead to development of overuse syndromes, persistence of symptoms thus becoming recurrent and/or chronic. Thus, neck pain is significantly prevalent in laboratory personnel depending on gender as well as BMI and not depending on years of experience.

Biography

Heta Patel is a Lecturer at Shrimad Rajchandra College of Physiotherapy, UKA Tarsadiya University, Gujarat, India. She had done specialization in Musculoskeletal Condition & Sports Physiotherapy from Sardar Patel University, Gujarat, India. She has obtained various skills by certification in the field of Osteopathy, Manual Therapy. She has presented research papers in various national and international conferences. She is an eminent clinician and an academician. She is ambitious about her profession.

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