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Effect of proprioceptive exercises on pain, disability and neck muscles fatigue in Dentists with chronic non-specific neck pain**Anahita Bolandian**

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Musculoskeletal disorders and neck pain are very common among Dentists. The aim of this study was to determine the effect of proprioceptive exercises on pain, disability index and neck muscles fatigue in female dentists with non-specific chronic neck pain. Based on the questionnaire distributed among Dentists, 24 Dentists whom were matched by age, gender and neck pain complaints in the past three months were selected and randomly divided into two groups. The first group received proprioceptive exercises and the second group did not give any intervention. The pain, disability and neck superficial muscles fatigue assessment were taken in baseline and after six weeks of proprioceptive exercises. The *Kolmogorov-Smirnov* and *Wilcoxon* were used for statistical data analysis ($\alpha \geq 0.05$). Results of this study revealed the significant decrement in slope of median frequency of neck superficial muscles of upper trapezius ($P=0.003$), cervical erector spine ($P=0.005$), sternocleidomastoid ($P=0.003$), neck pain ($P=0.006$), and disability index ($P=0.008$) and after six weeks of proprioceptive exercise. Results revealed that, the proprioceptive exercise intervention was successful at decreasing pain and disability and the slope of fatigue in female Dentists with chronic neck pain. Considering the extremely large effect size of the proprioceptive exercise group, we recommend that this program be used in the correction of subjects with chronic neck pain and muscles imbalance in future.

Biography

Anahita Bolandian has completed her PhD at Corrective Exercises and Sport Injuries Tehran, Iran and did MSc, Corrective Exercises and Sport Injuries Tehran, Iran. She is working at Iran University of Medical Sciences since 2007 as a research expert. She is having 4 articles about musculoskeletal disorders in dentists, and one is about the effect of sport and nutrition on Asthma.

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